SUMMER TIME **TRAVEL SPECIAL**

MADE IN IRELAND

IRELAND'S
Woman's Way
FAMILY, HOME & WELLNESS

52 SIZZLING HOT PICKS

TREND ALERT
SUMMER SANDALS

€2000+ PRIZES
GETAWAY BOOTY

Waterford WONDERS

SUNBURN MYTHS BUSTED

SHINE ON
HAIR TIPS FOR HEAT WAVES

WORTH IT
FRAGRANT FLOWERS

Lowdown
LIMERICK'S GREENWAY

MoodBoard TRAVEL IN STYLE

FLYING SAFE
HEALTH HACKS

THROW SOME SHADE
SUNGLASS UPDATE

MALTA MOMENTS

Gráinne SEOIGE
IN GRÁ WITH BEING HAPPY

Issue 13
June 19th 2023
€3.50
(NI stg £3)

VISIT…

LANZAROTE
Caliente.COM

CONTENTS

Gráinne Seoige
Page 4

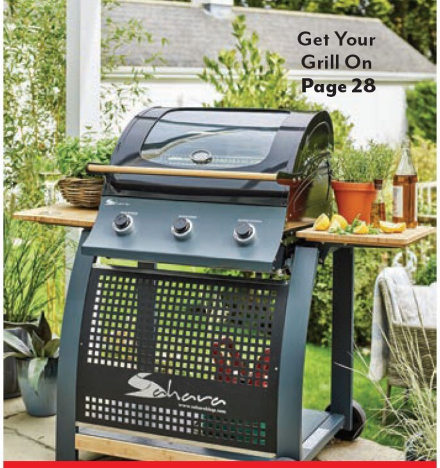
ON THE COVER

4 Gráinne Seoige: The TV personality's brand new job, life and the far-flung places she's lived in.

Nature Safe
Page 90

WIN WIN WIN

24 Dermalogica: A €500 skincare hamper is up for grabs.
32 This Works: Bag yourself a €500 skincare hamper.
78 Sisu Clinic: Win a €500 gift card for aesthetic treatment.
90 Nature Safe: Win one of five gardening sets.



Get Your Grill On
Page 28

HOME & GARDEN

28 Get Your Grill On: Best BBQ buys.
30 Savvy Kitchen Upgrades: Revamping tips for the hub of the house.
62 Make Space: Ways to make a small garden feel bigger.
64 Heaven Scent: Best scented plants to grow now.
66 Grow a Rainbow: How to grow colourful fruit and veg for Pride.

FASHION & BEAUTY

14 Simple and Easy: Editor Carissa Casey shares her current style faves.
16 Vintage Buying Tips: Even A-listers buy secondhand these days.
18 Summer Solemates: Hottest sandal styles.
20 Sunnies Style: Update your shades.
22 Glorious Gruaig: Protecting your hair from the sun.
25 Beauty Faves: TV producer Debbie O'Donnell shares some of her favourite products.
26 Sunny Side Up: Sunscreen picks.

FOOD & DRINK

54 BBQ Feasts: Unusual recipes for the grill.
58 Vibrant Veggies: Thrifty and delicious Kenyan cooking.

Vibrant Veggies
Page 58

33 Ocean Love: How to protect marine life on holidays.
34 The Great Seascape: There's more to Malta than sunshine.
38 Wonderful Waterford: Uncovering Ireland's oldest city.
40 Italian Escape: Discovering unspoilt Umbria.
44 Cycling the Limerick Greenway: Hop on yer bike.
76 Flying Fit: Essential in-flight health tips.

TRAVEL SPECIAL ISSUE

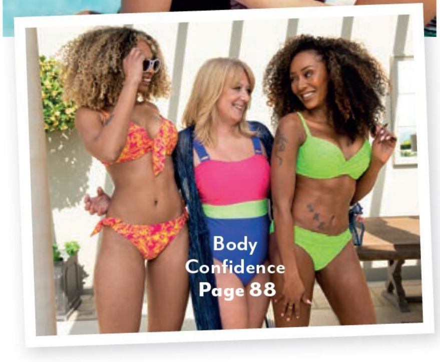
@ **Email...** womansway@harmonia.ie
Online... womansway.ie
Subscribe... 01 4569872
Facebook... facebook.com/womansway
Twitter... Womans_way
Instagram... Womans_way

Former newsreader Kate Silverton Page 74

HEALTH & WELLBEING

74 Career Change: Former *BBC* newsreader Kate Silverton on putting family first.
79 Fresh Start: Dealing with redundancy.
80 Sunburn Myths Busted: From going red to UV strength.
82 Midnight Feasts: What to eat for a good snooze.
84 Khloe Kardashian on Melanoma: The reality TV star talks about her tumour.
86 Standing Tall: Singer Anne-Marie talks mental health.
88 Body Confidence: Mel B on rebuilding her self-esteem in her 40s.

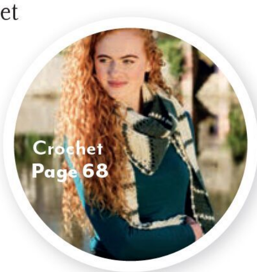
Sunburn Myths Busted Page 80


Body Confidence Page 88

MoodBoard Page 10

REGULARS

9 We Love: The *WW* team shares what they're loving - and what they're not.
10 MoodBoard: Summer Holidays.
46 The Hot List: Check out our top entertainment picks.
50 You Said It: Readers' letters and pictures.
52 Timeout: Take a break, try our quiz and Prize Crossword.
68 Knitting: Crochet shawl.
71 Horoscopes: What's in the stars for you?
73 Ask Fiona: Our columnist answers reader dilemmas.
93 We Tried: Audio books.
91 Lend a Hand: Ways to give back.
92 Quick Fire: Businesswoman Oonagh O'Hagan.
94 Why Is This a Thing: The trials of travel.


Crochet Page 68

THE WW TEAM

Publisher: Norah Casey
Editor: Carissa Casey
Deputy Editor: Niamh O'Reilly
Contributing Editors: Astrid Madsen, Andrea Smith
Art Director: Karl O'Toole
Designers: Áine Duffy and Susan Conley
Subscriptions: subscriptions@harmonia.ie
Email: womansway@harmonia.ie
Woman's Way, July 3, 2023
Vol.61 Issue 13

Hello,
Welcome to our Summertime Travel Special. Strangely enough, this is not my personal favourite time to year to jump on a plane. I generally prefer to do overseas travel in the off-season when airports and destinations are a lot less crowded.
That said, I'm very partial to a short break somewhere lovely in Ireland. It's a cliché, I know, but it really is the most spectacular country if we could only rely on the weather being equally spectacular. We've had a good start so far this summer, so here's hoping.
I spend most of these long balmy evenings up on my flower allotment and, to be perfectly honest, there's no place I'd rather be. Being out in the fresh air, among nature, does wonders for my sense of wellbeing.
Even if a major trip isn't on the agenda for you this summer, it's well worth exploring all that Ireland has to offer. There's so much going on this summer and so many new amenities to enjoy.
Most of all though, summer is a time to kick back, relax and go with the flow. Travel is as much a state of mind as it is a physical activity. A good book can transport us to all sorts of places we might never dream of visiting. A lovely evening, giggling with good pals, can give us a whole new lease of life. A short pause in the middle of a busy day, to listen to the sound of the birds chirruping in the trees, or the bees buzzing about newly-opened blossoms, or kids laughing in the playground...these are moments to treasure. Enjoy!

Carissa x

To subscribe online log on to womansway.ie or call the Subscription Hotline on 01 465 9872
SUBSCRIBE TO *WOMAN'S WAY* & DON'T MISS A SINGLE ISSUE

Contact us: Subscriptions, email subscriptions@harmonia.ie; telephone hotline, 01 465 9872. Woman's Way queries, email womansway@harmonia.ie; website womansway.ie. Published by Harmonia Limited, printed by Boylan Print Group, distributed by Newspread. Woman's Way is now a fortnightly magazine. Subscription rates for the Island of Ireland are: Annual €91.00,; Six Months: €45.50; Monthly Payments: €7.58. Woman's Way Subscriptions Dept, Units 2&3 M50 Business Park, Ballymount Avenue, D12 HP11.

© 2022 Harmonia Ltd. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopying, recording or otherwise without prior permission of the publishers. The publisher cannot accept responsibility for errors in advertisements, articles, photographs or illustrations. All information is correct at time of going to press.

In Grá with Gráin

From Spiddal to South Africa, Gráinne Seoige has lived in gorgeous places, says Andrea Smith.

With a new presenting job in the bag and now living back in her native Galway, Gráinne Seoige's life has come full circle.

The gorgeous Galwegian has been a familiar face on our screens for almost 30 years, and holds the distinction of working with all four Irish television stations - *TG4, TV3/Virgin Media Television, Sky News Ireland* and *RTÉ*.

While her broadcasting career went on hiatus in 2016 when she went to live in South Africa with her husband, Leon Jordaan, Gráinne has been on our screens a fair bit since she returned in 2020.

After filling in regularly on *Ireland AM* and *The Six O'Clock Show* on *Virgin Media Television*, she obviously made a good impression on the channel. It recently announced that it had chosen her to join Síomha Ní Ruairc and influencer James Kavanagh in fronting its new romance reality series, *Grá ar an Trá*, which will air later in the year.

Gráinne was widely praised last November when her documentary, *Meanapás: Meon Nua*, aired on *TG4*. It explored the topic of menopause and how it is handled in this country and she met women across the country to discuss their personal stories.

Gráinne wanted to make the programme because she felt there was a dearth of information available when she began going through menopause.

She subsequently spoke of her shock at discovering while researching the programme that a woman is most likely to die by suicide in this country at the age of 51.

She discovered in the course of her research that there are certain stretches of water around the country where women suffering adverse effects of menopause went to drown themselves in the past.

"The places became known for it because the currents and tides take you out," she explained. "And I just found that so unspeakably sad. The families lost a very crucial person in their lives because of a lack of education and understanding around menopause. And it's one of the things that really made me passionate about changing things."

Back in March, Gráinne was chosen to compère and moderate the inaugural National Menopause Summit in The Round Room at The Mansion House in Dublin. The panel of expert speakers included Davina McCall, who, like Gráinne, has become a passionate advocate for raising awareness about menopause.

Both women described how they had feared in advance that tackling the subject would have a negative effect on their TV careers. "I'll be very honest," said Gráinne. "The media and Western society in general are youth-obsessed, so by making a programme about menopause, you are raising the flag and saying, 'Hey guys, I'm menopausal.' You feel like you're cutting yourself off from a lot of opportunities of work."

Speaking to the audience at the summit, Gráinne admitted that the symptoms of the onset of menopause took her by surprise. When she experienced restless legs and burning feet and was waking up during the night, she wasn't sure what was going on. She was also feeling anxious but, because she didn't experience hot flushes, it didn't occur to her that it might be related to menopause.

"I pushed it so far to the back of my head that it wasn't even a consideration," she admits. "It took me a long time to work it out and that's what made me want to make the programme. I was angry because I'm a journalist and I'm good at research and I still couldn't figure it out."

Speaking to Davina on stage, Gráinne admitted that she had become emotional at one point during the menopause event. "I realised there was such a beautiful energy around helping each other, uplifting each other, educating each other and just moving this on," she said. "I want this information to be in every doctor's waiting room and I want every young boy to know that this happens. I just want this knowledge everywhere so that no other generation ever has to scramble around in the dark trying to put two and two together, like I feel that most of us here have had to do."

ne

> ***"There was such a beautiful energy around helping each other, uplifting each other, educating each other and just moving this on"***

continues overleaf >>

> **"It gets to the stage where you have to say, 'I don't care what they say, I have love in my life, I'm happy'"**

EMBRACING AGEING

Gráinne will turn 50 later this year and she looks fantastic. She recently shared on *Instagram* that she had been having skin issues due to going from warm TV studios to the cold breezes of the Wild Atlantic Way. She revealed that she has also had issues for years with hyperpigmentation, and sought the help of Dr Laura Lenihan's skin health clinic.

"I have never had greasy skin which meant I was never spotty - yay - but then on the other side my skin felt dull and sometimes flaky," she admitted in a sponsored post. "I started working on the hyperpigmentation with some skincare, and I had Profhilo (an injectable hyaluronic acid-based product for treating skin laxity) to target the dryness from within and started a course of secret RF microneedling. I bought some skincare products to continue treatment at home."

The eldest of four children, Gráinne was born in Spiddal, Galway. She has a son, Conall, who was born when she was 20. She described his arrival as "a love like no other," and says her son's arrival was the best thing that ever happened to her because it gave her a "head start."

Speaking to the *Sunday Independent* last year, Gráinne paid tribute to her parents, Phil and Mairtín, for their support at that time. "The support enabled me to not only have my lovely little boy, but also to be able to go for it in terms of finishing my education and beginning my career," she said.

After completing both an arts degree in English, sociology and political science and a higher diploma in applied communications for television and radio at University College, Galway, Gráinne began a job as a newsreader at the newly-launched *TnaG* in 1996. She was spotted there by bosses at *TV3*, and they offered her the position of news anchor when the Dublin station launched in September 1998.

Having moved to the capital to take up the job, Gráinne stayed with *TV3* for five years. In 2004, she was hired as launch anchor for *Sky News Ireland* and also worked at its London network headquarters.

She moved to *RTÉ* in 2006 and presented a number of high-profile programmes. These included afternoon shows with Joe O'Shea and her sister Síle, as well as *Crimecall*, the *People of the Year Awards*, *The All Ireland Talent Show* and the sports quiz show, *Put 'Em Under Pressure*.

Having divorced her first husband in 2010, Gráinne got engaged to South African businessman and former rugby player Leon Jordaan in 2014. Leon came to Ireland in 2010 to take up a rugby coaching position at Navan RFC. He and Gráinne met in 2011 when they were both 38, and she was filming her *Reality Bites* programme, *Modern Life*, at his rugby club. She later admitted that she fell in love with his cooking skills, and they dated on the "down-low" for many months before they went public.

When his contract at Navan finished in 2013, Leon returned to South Africa while Gráinne remained in Ireland - she was presenting *Crimecall* at the time. They got engaged in 2014 and were married in 2019 at The Cliff at Lyons in Kildare, with famous faces like Maura Derrane, Muireann O'Connell and Noel Cunningham in attendance.

Gráinne explained to the *Sunday Independent* that she left *Crimecall* in 2016 over what she was being paid, which reduced every year the contract came up for renewal. She pointed out that if you continue to accept less and less for what you do, it's not a good feeling to have.

"And it came to a point where I went, 'Okay now, I'm not willing to do this job for that,'" she said. "For your own self-respect, there comes a point where you have to go, 'No, I'm not doing it for that.' And, the fact that you're offering it, hmm. Not nice. I don't see myself how you're saying that you see me.

"Because what you get paid for a job is the value that's put on your work. So I said no and it was the right thing to do. I felt great after I did it."

MOVE ABROAD

With *Crimecall* gone, Gráinne moved to South Africa and remained there with Leon until 2020. Viewers got a glimpse of her life in Pretoria when Lucy Kennedy visited her there for an episode of *Virgin Media's Living with Lucy*.

During filming, Gráinne spoke about how easy it is to vilify women in the media. She told Lucy that when a newspaper article described her as an "ice queen", the description gained traction, resulting in her self-protectively "drawing a cloak around myself".

"It did upset me at the time because 'ice queen' is a way of saying 'bitch', that is

Siomha Ní Ruairc and Gráinne Seoige with, left, James Kavanagh

GRÁINNE'S CHOSEN CITIES

SPIDDAL

Gráinne comes from Spiddal, a picturesque seaside village on the shores of Galway Bay, located approximately 19km from Galway city. It's the setting for the *TG4* soap *Ros na Rún*, and the rugged beauty of Connemara is only a stone's throw away. It's part of the Irish-speaking area, An Gaeltacht, and students from all over Ireland go to An Spidéal to learn how to speak Irish. It has two beaches connected by a scenic walking/cycling path, and Trá na mBan, or Ladies Beach, is one of Galway's six Blue Flag beaches.

PRETORIA

Gráinne moved to Pretoria with Leon in 2016. It is known for its elegant architecture, important historical sites, prosperous leafy suburbs and beautiful gardens and parks. Pretoria is South Africa's administrative capital and it stretches along both sides of the Apies River and has a dry, sunny climate. It is known for its wide avenues, and many of its streets are lined with jacaranda trees with their fabulous purple-blue flowers. They bloom in spring, giving rise to Pretoria's nickname - Jacaranda City.

what it is," she admitted. "That wounded me terribly at the time. It gets to the stage where you have to say, 'I don't care what they say, I have love in my life, I'm happy.'"

Gráinne and Leon started their jewellery company, Grace Diamonds, together in 2016, and moved back to Ireland in 2020. They now live close to Gráinne's parents in Galway. When promoting her participation in *Dancing with the Stars* in 2022, Gráinne explained that it was Leon who suggested returning. He has now sadly lost both of his parents - his father Gert passed away three weeks before their wedding.

Speaking to the *Sunday World*, Gráinne said that Leon felt they should move back to be close to Gráinne's family.

"He said to me at the outset, 'Look, your mum and dad are hale and hearty, they're super-healthy and you're so lucky to have that; both of my parents are gone. I can never have a coffee with them again, I can never call them up again and have a chat. You have that; you should be at home and be with your parents while you can.'"

Once they returned, Gráinne began appearing on our screens again, notably in last year's *Dancing with the Star*s, where her partner was John Nolan. She was the fifth celebrity to be voted off, and said: "I've had the best time, you can't even describe the experience of this show."

Fans were delighted to see her again and will be even happier to get a large dose of Gráinne later in the year when she appears in *Grá ar an Trá*. The premise is that 12 singletons, who are either fluent in Irish or have the *cúpla focal*, will be looking for love and a chance to win a grand prize to the value of €10,000.

Gráinne will be the *Cinnire Grá* or Captain of Love, Síomha Ní Ruairc will be the *Bean an Tí* and James Kavanagh the *Man an Tí*. The trio will put the couples through their paces in fun tasks, cheeky challenges and romantic rendezvous, and it promises to be a lot of fun.

"I'm really looking forward to the craic we'll have cheering the couples on as they get a *blas* for Gaeilge and hopefully for each other too," says Gráinne. "The grand prize should bring out the *teanga dhúchais* in all of them. *WW*

IRELAND'S **Woman's Way**

MADE IN IRELAND

Stop scrolling, start flicking

SUMMER TIME TRAVEL SPECIAL
MADE IN IRELAND
FAMILY, HOME & WELLNESS
IRELAND'S Woman's Way
52 SIZZLING HOT PICKS
MoodBoard TRAVEL IN STYLE
TREND ALERT SUMMER SANDALS
FLYING SAFE HEALTH HACKS
€2000+ PRIZES GETAWAY BOOTY
THROW SOME SHADE SUNGLASS UPDATE
Waterford WONDERS
MALTA MOMENTS
SUNBURN MYTHS BUSTED
SHINE ON HAIR TIPS FOR HEAT WAVES
Gráinne SEOIGE
IN GRÁ WITH BEING HAPPY
WORTH IT FRAGRANT FLOWERS
Lowdown LIMERICK'S GREENWAY
€3.50

Take time out, Take *Woman's Way*

Tired of reading from a tiny screen? Take time out from your busy life and rediscover the joy of flicking through a beautifully designed magazine. *Woman's Way* is the leading Irish women's magazine, one of the few left on the market. We are a voice for Irish women and support Irish brands, large and small. Packed full of fabulous beauty, fashion, interiors, gardening, recipes and more, along with great stories and interviews with our favourite celebrities. You'll see euro prices for all our product recommendations *and* they are all available here in Ireland.

We support Irish women, support us.

Our six monthly subscription is
ONLY €45.50
or, even better, pay monthly for
JUST €7.58

Buy online at:
womansway.ie
Or phone our Hotline on:
01 465 9872

TERMS & CONDITIONS:
Price includes P&P and is correct at time of going to press. Your subscription contract will be fulfilled by Harmonia Limited (info@harmonia.ie) together with its agents. See www.harmonia.ie for full terms and conditions. Prices quoted are for postal delivery to Irish addresses only. Please allow up to six weeks for delivery of first subscription issue via An Post.

We Love

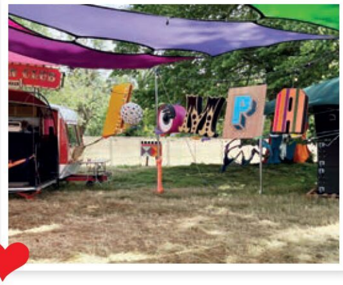
PASSION • CRAVES • MOOD

Carissa loves

My first peony flower. It only took three years for my first plant to finally bloom. But, oh, it was worth the wait. The bare-root ones I planted last autumn have fared a lot better.

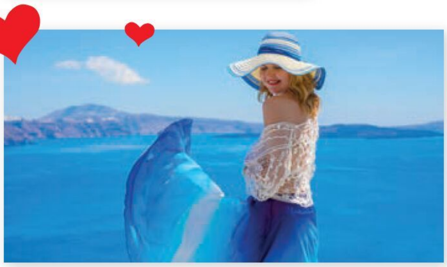
Chamomile Lawn. Well if I manage to get a decent patch growing, I'll be delighted. Apparently it takes a few years for the plants to knit together lawn-wise, but I'll hopefully have it started this summer.

Niamh loves



Kaleidoscope. The kid-friendly music festival is back and we're off again this year. Yep, you read that right, I'm going to a music festival with a three- and six-year-old.

Old jeans. I had a rummage through my old college clothes in my folks' attic recently and was amazed to find that my Miss Sixty college flares fit me. And they are back in fashion.



Andrea loves

Floaty dresses. I enjoy throwing on a long dress with a kaftan and sandals at this time of year. Easy-breezy and perfect for staying cool.

Wedding Season. I had a ball at Bellingham Castle in Louth at Lauren and Chris' wedding last week and the sun never stopped shining.

So Into...

The Woman's Way Sex Issue - out now!

and just working on this sex issue

TikTok. We've finally taken the plunge and love it. Less of the 'look at me and my beautiful life', more real and a lot more fun. Be sure to follow @womansway1

I've Had It podcast. Ladies, listen to these two dames rip into all the really irritating things about modern life. They are our new spiritual gurus.

Flatform sandals. A bit of height with a lot of comfort. What's not to love?

Flavoured water. It makes staying hydrated less boring.

So Over...

Travel chaos. It's started already with parking spaces around Dublin Airport in short supply. Hopefully not an omen of another summer of travel hell.

Flash cars with no indicator lights. Or maybe these cars actually have indicators but the driver isn't capable of, or interested in, using them.

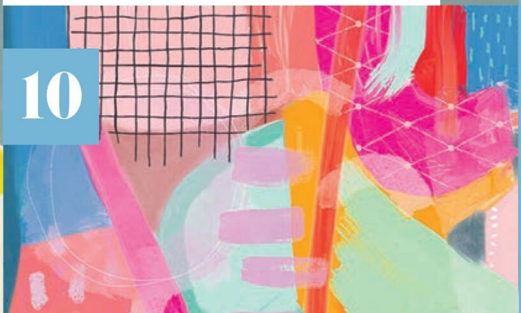
Trying to organise meet-ups this time of year. It's so complicated with everyone going away.

CREATE • CURATE • INSPIRE

MOODBOARD

SUMMER HOLIDAYVIBES

What can be more lovely than transforming your home and wardrobe for those blissful long days of summer? The secret to that light-filled, happy holiday feeling is in lightening up your colour palette, swapping out heavy, dark colours for brighter shades and using natural textiles and tropical patterns. Pastels, whites and vibrant hues evoke a sense of freshness and energy. This can be as simple as swapping out your curtains or bed throws for the summer months. Blend your garden or balcony with your living space by bringing the outdoors in with a beautiful vase of fresh flowers or tropical plants. Whether you are planning to fly off to an exotic destination or just want to enjoy those holiday feels at home, here are some easy decorating and style ideas to infuse your life with a vacation-like ambiance. Happy holidays!



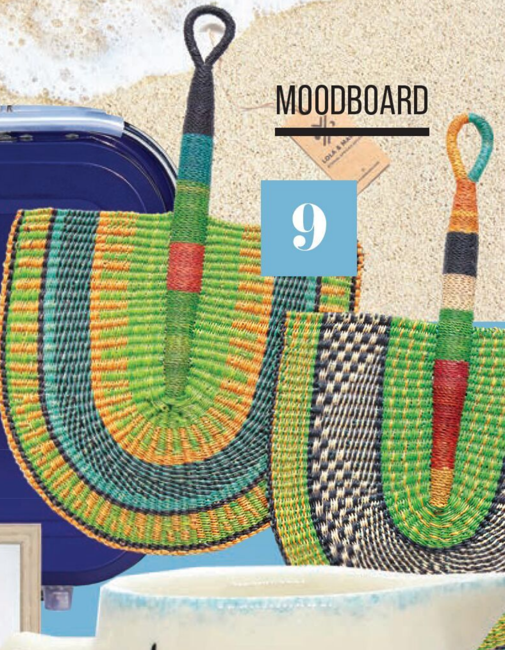
1 LOTUS GRILL BBQ in Green with Free Fire Lighter Gel & Charcoal €173.45, visit cuckooland.com 2 ASTON POTTERY'S Seaside Collection Sailing Boats Jug €23.22, visit annabeljames.co.uk 3 THE COASTAL LIFESTYLE COMPANY Picnic Cooler Backpack €53.55, visit thecoastallifestylecompany.co.uk 4 BASKET BASKET Little Wool Tassel Hamper Basket (White) €27.94, visit basketbasket.co.uk 5 ROSE & GREY Classic Swimming Pool Float - Sunshine Yellow €58.25, visit roseandgrey.co.uk 6 SHELL BAY CO Black Pebbles Beach Umbrella €220.01, visit shellbayco.com 7 SHIMU Red Painted Jewellery Box €145.51, visit shimu.co.uk 8 BEAN BAG BAZAAR Veeva Classic Indoor-Outdoor Bean Bag (Coral Pink) €51.21, visit beanbagbazaar.co.uk 9 LOLA & MAWU Decorative Bolga Martinique Fans (Set of Two) €57.04, visit lolaandmawu.com 10 BIRD & BLOSSOM Design Studio Summer Holiday €24.46, visit birdandblossom.com.au 11 LIGHTS4FUN Summer Outdoor Setting with a Wreath and Candle Centrepiece from €37, visit lights4fun.co.uk 12 ANNABEL JAMES Portable Barbecue, Blue €93.07, visit annabeljames.co.uk 13 EBBFLOWCORNWALL Zennor Hammam Towel €32.59, visit ebbflowcornwall.co.uk 14 BEACH HOUSE ART Lyric Art Print (Vintage Book Cover Art) - Don't Let The Sun Go Down On Me €57.04, visit .beachhouseart.co.uk 15 TAKATOMO Meri Meri Storage/Suitcase HEARTS (2) €32.90, visit takatomo.de

7

12

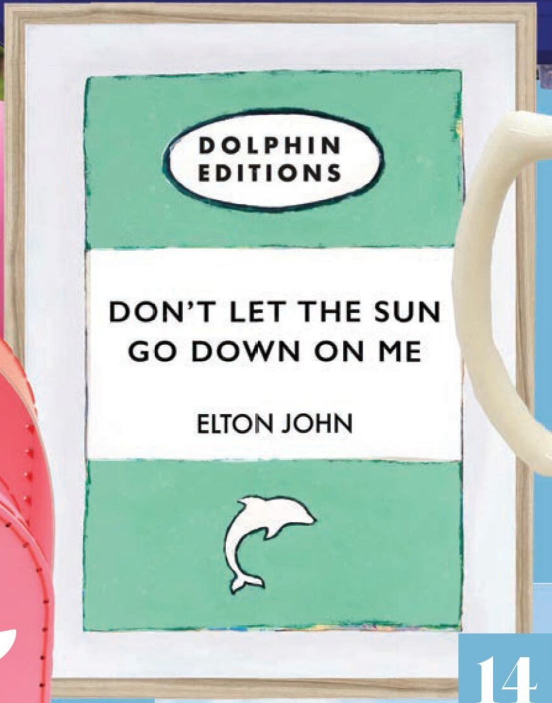
THE
Adventure
BEGINS

9



8

14


DOLPHIN
EDITIONS
DON'T LET THE SUN
GO DOWN ON ME
ELTON JOHN

2

15

6

11

1

LOTUSGRILL

By Norah Casey

See overleaf for more summer-inspired style >>

9
10
13
4
12
17
GW
KOKO BLOSSOM
Dune

1 MIMI'S EDIT Superstar Glitter Sparkle Gold Trainers €55.88, visit mimisedit.co.uk **2 ANNABEL JAMES** Fan Shell Earrings and Necklace €58.15, visit annabeljames.co.uk **3 BOHEMIA DESIGN** Limited Summer Linen Scarves €55.88, visit bohemiadesign.co.uk **4 KOKO BLOSSOM** Personalised Suitcase - Amalfi Stripe in Teal €157.15, visit kokoblossom.co.uk **5 QUEEN MEE ACCESSORIES** Blue Rhinestone Hair Clip €34.92, visit queenmee.com **6 FOOL'S GOLD JEWELLERY** Enamel ribbon choker €174.62, visit foolsgoldjewellery.co.uk **7 AT HOME IN THE COUNTRY** Retro Green Enamel Camper Van Key Ring €10.42, visit athomeinthecountry.co.uk **8 CATHERINE MANUELL DESIGN** FLORAL PURSE (NATIVE POSY) €15.25, visit catherinemanuelldesign.com **9 ACCESSORIZE** Lemon fruit pouch clutch €45.90, visit accessorize.com **10 DUNE LONDON** Loupe Orange Smart Slider Sandals €125, visit dunelondon.com **11 PRIMARK** Orange Crinkle Texture Scoop Back Swimsuit €14, visit Penneys **12 TK MAXX IRELAND** Pink Dress €34.99, visit TK Maxx **13 RIVER ISLAND** Red Chiffon Frill Slip Maxi Dress €95, visit riverisland.com **14 LUNA** Charles Beau Lightning Necklace 14K Gold Plated €91.96, visit lunacharles.co.uk **15 PALAVA** Beatrice Cap Ivory Passion flower Dress €192.08, visit palava.co **16 BOHEMIA DESIGN** Limited Beldi Basket Small €18.63, visit bohemiadesign.co.uk **17 NEONIMO** Tropical Organic Cotton Canvas Tote Bag €34.92, visit neonimo.co.uk *WW*

5
6
11
3
16
8
15
2
7
14
1

Simple and Easy

Summer style should be easy, fun, comfortable and work with the vagaries of Irish weather. Editor Carissa Casey shares her current style faves.

Dr Martens Sandals **€129**

Zara Leather Flatform Sandals **€59.95**

Dune Cassie Orange Shoe **€120**

For me, having a 'go-to' look really helps on those mornings when I really haven't the energy to faff about trying to figure out what goes with what. This summer it's jeans, blazer and comfy sandals. Okay, not the most original of combos, but timeless classics rarely are. And it's a look that works on several levels.

Firstly, I already have several summers' worth of jeans, blazers and comfy sandals. That doesn't mean I won't be adding to what I already have, but with the price of everything sky-high, my shopping habit has taken a hit. So this year I'm limiting myself to a few key pieces and working with what's already in my wardrobe.

Secondly, the jeans/blazer combo works regardless of the weather. On sunny warm days, I pair with a t-shirt or loose shirt. On cooler days, it's out with the trainers, a summer knit and a linen scarf.

Lastly, it's a look that can be dialled up or down depending on the situation. Add statement earrings or necklace when you need a bit of pizzazz, either because you are dressing to impress or just need a bit of pizzazz-ing. A smart shoe adds a touch of magic to an otherwise pedestrian outfit.

The Shoe

Comfy shoes are a must any time of year, but particularly so in summer when heat can make our feet swell and, most of us, tend to do a bit more walking. I'm a huge fan of the 'flatform'. I already have a few from summers past. This year I've added two pairs. The first, a fairly standard black leather sandal in the gladiator style. They're super comfy from the get-go. My other purchase is a pair of Doctor Marten sandals in white. These, believe it or not, are my very first pair of the ubiquitous Docs. I'm going to be honest and say the boots just don't work with my aesthetic. But I'm loving the sandals and the fact that they're white is an added bonus.

I'm also trying to break in a pair of orange Dune closed-toe block-heel shoes. They look amazing even with jeans, and they are leather so they will eventually soften around my feet. But I'm not up to wearing them out yet. I need a few more days wearing them in with socks before I risk going too far from home in them.

Other Stories Satin Blazer **€90**

The Blazer

Unless you've been living on the moon, you will, by now, have heard of 'quiet luxe', best personified by Gwynnie attending court in crazily-expensive tailoring and cashmere from exclusive Italian design houses. It's the *Succession* look that says, "I'm incredibly rich and I don't want to look like I'm trying but I do want other incredibly rich people to recognise how wealthy I am." Yup, it's not exactly *Woman's Way,* I know, but a well-cut blazer is a great investment buy. Failing that, there are plenty of cheaper versions in a whole variety of cuts and colours.

The oversized look is here to stay. It's comfortable to wear and can hide a multitude. I do believe it needs to be handled with care because it's easy to be swamped by a too-generous cut and end up looking like an American footballer. I prefer to shorten the sleeves, either having them properly taken up or just rolling them neatly. And I'm not averse to a bit of tailoring, nothing too severe but some suggestion of a waistline.

The Confidence Room by Salsa Jeans

The Jean

I'm not convinced about referring to jeans in the singular. It's a bit of a fashion thing, a way of suggesting that these are more than rugged trousers for manual labour. It's a valid point since jeans come in so many styles and colours these days. Me, I like a high-waist, wide-crop leg in dark denim, which, by happy coincidence, is very much in this summer.

That said, jeans are very personal items of clothing and can be one of the trickiest to buy. Ideally, you need to decamp into a fitting room with a helpful shop assistant and try on as many as possible until you find what you're looking for.

There is an easier way. I recently tried the personalised jean fitting service at The Confidence Room on Wicklow Street with the Portuguese brand Salsa Jeans. If you've been struggling to find a pair of jeans or just want to try out a few different styles, I couldn't recommend it highly enough. First of all, you get the entire place to yourself (or you could go with a friend) and there's plenty of room not just to change but to walk around and get a feel for the jeans. Salsa is a really good quality brand with plenty of styles including tummy- and bum-shaping lines in slim, straight, wide and flare legs, so you're bound to find something that works for you. There's a stylist on hand to help you find the right size and fit. I came away with a super comfy pair of high-waist, wide-leg jeans, which I, needless to say, had taken up.

Check it out at *salsajeans.com* and click on the link to make a booking.

Massimo Dutti Straight Fit High-Rise Jeans **€59.95**

Salsa True Marine Jeans **€89.95**

Jaeger Pure Linen Tailored Blazer **€175**

H&M Linen Blend Blazer **€44.99**

The Extras

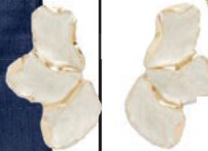
I'm a huge fan of statement jewellery and it's almost impossible to beat Zara's range. That said, if you find yourself in Spain or Portugal over the summer, check out the nearest Parfois for super affordable and very cute earrings. I think the blazer and jeans look really lends itself to something slightly outrageous on the ears or neck for a very funky vibe. *WW*

Resin Earrings **€12.99**

Daisy Necklace **€25.95**

Pearl Bead Necklace **€12.95**

Tulip Earrings **€15.95**


Parfois Enamel Earrings **€7.75**

Parfois Hoop Earrings **€9.95**

Parfois Necklace **€29.95**

Resin Necklace **€19.95**

Vintage Buying Tips

If secondhand is good enough for Hollywood A-listers, it's good enough for the rest of us.

Natalie Portman has revealed she only buys secondhand fashion to reduce her impact on the environment.

"We talk about [climate change] a lot in our household in terms of how we live, what we choose to do," the Oscar-winning actor said in an interview with *The Hollywood Reporter*.

"My veganism is in large part an environmental choice, along with animal welfare. I haven't bought or used any leather or fur or animal products in 20 years."

Portman added: "I buy vintage clothes, and only if absolutely necessary, and of course repair damaged items."

The Israeli-born American, who shares son Aleph and daughter Amalia with husband Benjamin Millepied, has been vegan for more than a decade, and that includes her fashion choices.

The *Black Swan* star has shown her support for sustainable fashion on the red carpet as well, wearing vintage Dior at the 2012 Oscars.

According to the United Nations Economic Commission (UNECE), the fashion industry is responsible for between 2 per cent and 8 per cent of all carbon emissions globally, which is why eco-conscious consumers might prefer to purchase secondhand garments.

Vintage shopping can be daunting if you're used to high street or online stores with standard sizing and a plethora of the latest trends, but you can also find incredible, unique pieces – often at a fraction of the price of new – and reduce your eco-guilt at the same time.

Want to follow in Portman's footsteps but not sure where to begin? We asked fashion experts for their six top tips for beginners...

1 IGNORE SIZE LABELS

Clothing sizes have changed so much over the years that the only way to find out if something fits is by trying it on (or checking the exact measurements for online shopping) rather than going by labels.

"Ignore them," says Philippa Grogan, fashion and textile specialist at Eco-Age.

"People tended to have smaller measurements in decades gone by, and you could find yourself wearing a size that is wildly different to what you are in today's sizes."

2 BROWSE BY COLOUR

Feeling overwhelmed by all the options when you walk into a vintage shop? Try honing in on your favourite colours.

Celebrity fashion stylist and DJ Alexis Knox advises: "Have in mind certain colours that you like and know suit you, so you can allow your eye to be drawn to pieces on crowded rails you'll most likely appreciate."

3 YOU CAN'T GO WRONG WITH TIMELESS PIECES

Building a capsule collection of staples instead of trendy pieces means you'll get more wear out of your vintage wardrobe.

"Buying the classics, like a beautifully-cut trench coat, a cool leather biker jacket or a funky trilby hat is always a good idea," says Miranda Holder, TV and celebrity fashion expert, AKA the Feel Good Fashion Coach.

"Providing you love them and they fit in with your curated closet, they will never go out of style and can be customised to your heart's content."

4 TRY MARKETS OR CAR BOOT SALES

As well as boutiques and secondhand websites, markets or car boots sales can be a great starting point if you're new to the vintage game.

"You might discover a love of velvet, or a Sixties obsession, or vow to only wear vintage Levis for the rest of your days," says Grogan.

"Physically browsing vintage clothes means you can try things on too, which is obviously as fun as it is convenient."

5 DON'T BE AFRAID TO ASK FOR HELP

If you're short on time when browsing a shop or market, try asking staff for their recommendations.

"Often staff in these stores have a great sense of style and will know the stock inside and out," says Knox.

"Let them know if you are hunting for something in particular or for a special occasion."

> ***"Buying the classics, like a beautifully cut trench coat, a cool leather biker jacket or a funky trilby hat is always a good idea"***

6 CHECK OUT ONLINE SHOPS

With the recent rise of fashion resale sites, vintage shopping online is better than ever.

"There are a whole host of online shopping destinations out there just waiting to be explored," says Holder.

"From the more general sites like *eBay*, *Depop* and *Vestiaire Collective* to vintage specialists such as *Beyond Retro* and *Rokit*."

Grogan says to be wary of listings that only have one or two photos: "I like to see close-ups of construction, fabric and label. It's also great if the product listing includes measurements as well as labelled size – as unlike sizing, centimetres stay the same over time." *WW*

By Katie Wright, PA

Summer Solemates

Sandal season is well and truly here. Niamh O'Reilly looks at the hottest styles to bare those twinkle toes this summer.

Penneys Clog Mule **€14**

I literally count the days until I can wear my sandals again. I tend to break them out mid-March, and have to get them surgically removed from my frostbitten feet come November. At 5'11, I've always had big feet. As a teenager, I'd go into shoe shops and have to ask for the biggest size they had, which in those days was often only a size seven. If they did rustle up a size eight from the back, it looked like a comical clown shoe in comparison to the dainty size fives and sixes. I spent many years stuffing my feet into shoes that were a size too small, so my love of sandals comes from the sheer space my toes get when I wear them.

This season, sandals are having a real fashion moment, and the good news is there's an abundance of gorgeous styles out there that are two of my favourite things – comfortable and pretty.

Flatforms

If you're wondering what the hell a flatform is, let me make it simple for you. It's essentially a chunky shoe with a thick level sole. They have the advantage of being easy to walk in and offering leg-lengthening qualities too. It's a win-win.

Dr Martens Gryphon Quad Leather Platform Sandals **€169**

M&S Collection Leather Ankle Strap Flat Sandals **€65**

Dune London Linnie Woven Flatform Sandals **€100,** arnotts.ie

Clarks Orianna Chunky Sandals D Fit **€120,** oxendales.ie

Office Sassy Cross Strap Espadrille Flatform Gold Leather **€58**

Clogs

Once considered hideous by the style set, clogs are having a moment in the sun. I embraced my pink crocs about four years ago and have never looked back. You can even get them with a wedge. They don't have to be plasticky either; let's not forget clogs started out life as wooden. Above all, have fun and wear them with pride.

Classic Crocs Platform Clog Wedge **€70,** visit very.ie

Fat Face Leather Clog Sandal **€72.50**

Office Magda Clog Mules Black Leather **€76**

Fisherman Sandals

There's no stopping the style onslaught of the dad shoe, AKA fisherman sandals. I'm not sure I've ever seen a fisherman legitimately wear these, but regardless, they are seriously cool. With their trademark caged silhouette, you can have a lot of fun with these, from genuine leather to fun jelly versions.

Timberland Greenstride™ Ray City Fisherman Sandal **€120**

Chunky Sandals
€56, next.ie

Juju Jellies
€33, schuh.ie

Oliver Bonas
Fisherman Silver
Leather Sandals
€84

Dr Martens Blaire
Pisa Leather Strap
Platform Sandals
€149

Wedges

The classic wedge is a summer perennial for a reason. Easy to walk in and flattering on the pins, they can be casual or dressy and you can wear them with literally anything. Wedges are the fashion investment that will see you through many a summer.

M&S Collection
Wide Fit Wedge
Espadrilles **€42**

Crossover Espadrille
Sandal E Fit **€45,**
visit oxendales.ie

Penneys Square Toe
Straw Wedge Sandals
Ecru **€18**

Mint Velvet Gabriella Gold Wedge Heels
€149, visit arnotts.ie

Slip-ons

From sliders to strappy flatties, mules and more, a pair of slip-on sandals is going to be your best style friend this and every summer season. Perfect with those white cut-offs, your maxi skirts and pretty much everything in your wardrobe, they are a great way to add colour to an outfit. *WW*

Dunnes Stores
Circle Band
Flat **€15**

Loupe Lime Green, Dune
London **€110**

TK Maxx
Women's
Flats
€12.99

Black Chunky
Padded Cross
Straps Sandals **€42,**
visit prettylittlething.ie

Regatta
Great Outdoors
Orla Kiely Slide **€20**

Quilted Square
Toe Mule Sandals
€25, visit boohoo.com

Sunnies STYLE

Marks & Spencer Collection Bevelled Square Sunglasses in Black **€20**

Update your look with these fashionable frames.

The quintessential summer accessory, sunglasses are the perfect finishing touch for any outfit – whether you're hanging out at home or jetting off on holiday.

When it comes to eyewear, trends move fast, so what frames are in fashion this season?

As we head towards hotter days, these are the five key sunglasses trends to know about…*WW*

By Katie Wright, PA Fashion and Beauty Editor

FatFace Claire Pink Sunglasses **€14**

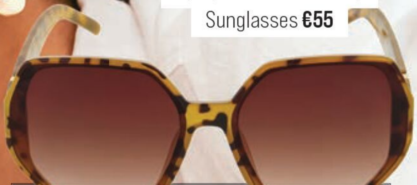
H&M Sporty Sunglasses **€14.99**

River Island Black Angled Sunglasses **€21**

Sporty

Trendsetter Kim Kardashian now favours sporty sunglasses to top off her looks.

Throw it back to the Nineties and Noughties with narrow, wraparound sunnies with retro denim or tailored outfits.



Dune London Gracies Tortoiseshell Oversized Sunglasses **€55**

Tortoiseshell

Loving the spring/summer Seventies trend? Then you need a pair of tortoiseshell sunglasses to complete your look.

Channel disco-glam with super-sized frames in natural tones, or add a pop of pink.

White frames

In contrast to classic black, this season's white sunglasses are all about making a strong style statement.

From narrow Nineties-inspired styles to big oval frames, go bold with your monochrome sunnies.

Tod's Rounded Sunglasses **€285**

Wolf and Badger Arms of Eve Jagger White Sunglasses **€158**

CHPO Anna Recycled Plastic Sunglasses **€29**, visit chpobrand.com

Thomas Sabo Kim Slim Rectangular Pale Orange Sunglasses **€179**

Narrow frames

As seen recently on the likes of Hailey Bieber and Kendall Jenner, narrow rectangular sunglasses are a big hit with celebs and models at the moment.

These eyebrow-revealing frames are a subtle way to nod to the Nineties and a stylish option if you don't suit oversized square styles.

Oversized frames

The coolest way to rock oversized sunnies this season is with sleek square frames, as seen at designer brands such as Celine and Prada.

Opt for black or white opaque frames for an understated luxe look or choose jewel tones to bring a Seventies glam feel.

Oliver Bonas Teal Crystal Square Sunglasses **€66**

GLORIOUS GRUAIG

Keep your crowning glory looking hair-resistible this summer with these sun-proof products, says Niamh O'Reilly

More times than I can count, I've completely forgotten to pack any proper hair care for my summer holidays, beyond shampoo and conditioner. Lots of times, I've just given up and popped it into a sweat-laden bun and come the evening, I end up looking like the Wreck of the Hesperus.

These days though I've tried to make more effort with holiday tresses. So when I want to try and channel my inner beach goddess, rather than look like a sea creature from the deep, I like to keep the following in mind…

Wear a Hat

There is nothing quite like the agony of pulling the bristles of a brush over a burned scalp. We've all done it at some point and winced. The simplest way to protect your scalp and the rest of your hair is to wear a hat. Preferably wide-brimmed and straw, which will make for breathability. It will not only keep your scalp out of the sun, but it will also protect your hair and face from UV rays and add a touch of glamour to your look. If hats aren't your thing, channel a bit of Sophia Loren from her French Riviera days and go for a chic head scarf.

Prep and Prime

If you're hitting the beach or the pool then it's vital to prepare your hair, especially if it's colour treated. Chlorine is going to affect the colour, while sea water and sand will dry it out and leave it a frizz fiasco. Look for sprays or products that will shield the hair from sun, sand and chlorine. If you're not dipping, but plan to be a sun goddess, protect your scalp with products designed specifically for the hairline.

Hydrate Hair

Just like with our bodies, sunshine and heat can dehydrate our hair. Drink plenty of water when out and about in the sun, but also use products that will nourish and moisturise your locks. Even if your hair usually has a greasier texture, it will likely need a touch more hydration when it's out in the hot sun or at the beach. Look for ingredients like shea butter or argan oil and, for a mega infusion, try some post-sun deeply conditioning treatments, especially on the ends.

Turn down the heat

We all want to have the perfect do for those summer nights out, but try to minimise heavy heat styling when your hair has been exposed to the sun, sea, sand or chlorine all day. If you are using hot styling tools, then be sure to use a protective spray beforehand.

Cleanse

Finally, by the time you come to the end of your holiday your hair will have likely taken a lot of product. Give it a cleanse to rid it of buildup with some gently nourishing, but refreshing products to have it feeling really fresh and clean when you get home again. *WW*

3
1
VODUZ
SUN SOOTH
VODUZ SUN SCALP
KEVIN.MURPHY
MAXI.WASH
5
4
6
NUXE sun
VODUZ SUN SAVIOUR
CurlyCo
Curly Conditioning Mask
7
8
AVEDA
sun care soins soleil
9
10
11
argan oil of morocco HAIR MASK
12
KLORANE
OGX argan oil of morocco HEAT PROTECT SPRAY
13
GROUND BEO
14
Aveeno
15
MIRACLE SPRAY HAIR TREATMENT
ELEVEN AUSTRALIA
16
ANDREW FITZSIMONS MODEL Volume Wave Spray
2

1 *Voduz After Sun Leave in Fluid €14.95* **2** *NUXE Sun Moisturising Protective Milky Oil for Hair 100ml €21* **3** *Voduz Sun Scalp SPF 50 Sun Cream €18.95* **4** *Voduz Sun Saviour UV Conditioning Oil €17.95* **5** *Kevin Murphy Maxi.Wash 250ml €27.50; 40ml €9* **6** *Curly Co Curly Conditioning Mask €23* **7** *Aveda Sun Care Protective Hair Veil 100ml €29.50* **8** *Aveda Sun Care Hair and Body Cleanser 250ml €27.50* **9** *Aveda After-Sun Treatment Masque 125ml €32* **10** *OGX Shine + Argan Oil of Morocco Heat Protect Spray €9.89* **11** *OGX Extra Strength Hydrate & Repair Argan Oil of Morocco Intensive Mask €10.49* **12** *Klorane Nourishing and Repairing 3-in-1 Mask with Organic Cupuaçu Butter €18* **13** *Ground Recovery Hair Oil 30ml €27.50* **14** *Aveeno Scalp Soothing Smoothing+ Rose Water & Chamomile €8.99* **15** *Eleven Australia Miracle Hair Treatment Spray 125ml €22* **16** *Andrew Fitzsimons Model Volume Wave Spray €14.49*

Win

A €500 Dermalogica hamper

One lucky reader will win a €500 Dermalogica hamper, including the brand new Oil to Foam Cleanser.

As pioneers of the Double Cleanse, the experts at Dermalogica believe the secret to ultra-clean, healthy-looking skin is cleansing twice: first with an oil-based cleanser, then with a traditional cleanser. But sometimes, we just don't have the time to souble cleanse – we're all looking for multifunctional products that work twice as hard, twice as fast.

Introducing Dermalogica's Oil to Foam Total Cleanser, an all-in-one makeup remover and cleanser. One wash removes makeup, sunscreen, debris, excess sebum and pollutants, while leaving skin instantly soft and smooth. The formula starts as a golden gel-oil infused with sea buckthorn oil that melts away layers of makeup, sunscreen, debris and excess sebum. A splash of water transforms the gel-oil into a rich, cloud-like foam to wash away any remaining impurities. A plant-derived prebiotic acts as a moisture magnet, supporting long-lasting hydration and leaving skin feeling instantly soft and smooth.

dermalogica
professional-grade skin care by The International Dermal Institute
oil to foam
total
cleanse

To enter, please answer the following question:

WHAT IS THE NAME OF DERMALOGICA'S NEW ALL-IN-ONE PRODUCT?

HOW TO ENTER

Email your answer by July 3 to: womansway@harmonia.ie including your name, address and telephone number and labelling your mail 'The Dermalogica Competition'

This Woman's Way competition is open to anyone resident in NI and the Republic of Ireland, aged 18 and over, except employees and their families of Harmonia Publishing, its printers and anyone else connected with the competition. No purchase is necessary. We will only accept one competition entry per reader. Prizes are awarded by drawing entries after the closing date. Winners will be notified by email. The editor's decision is final.

Hot *Picks*

TV producer Debbie O'Donnell shares her favourite new beauty products.

DRUNK ELEPHANT™
D-Bronzi™
Anti-Pollution
Sunshine Drops
Gouttes soleil
antipollution
FORTIFY + BRONZE
Cocoa Extract
Platinum Peptides
30 ml / 1 fl oz

Drunk Elephant

With temperatures rising, now is the perfect time to fake it and avoid any sun damage to our skin. We're lucky in that self-tanning has come quite a long way since the days of streaky tide-lines and dodgy orange blotches. In fact, it's come so far that one particular brand of tanning drops has recently become a viral sensation on *TikTok*: cue the ***Drunk Elephant D-Bronzi Anti-Pollution Sunshine Serum Drops***. Unlike many other self-tans, this one doesn't take hours to develop, making it easier to apply accurately. The drops also promise to reduce the appearance of fine lines while giving a sun-kissed glow. Yes, it sounds almost too good to be true. But I promise a few drops mixed with your daily face or body moisturiser and, voilá - you will have a gorgeous, healthy summer glow.

But be warned, it's one of those cult products that may sell out before it even hits the shelves. Available in Arnotts for €38.

Brow Magic

When it comes to brows, no one can match Irish brow queen Kim O'Sullivan. With everyone from Pippa O'Connor to Samantha Barry on her books, she has earned her title by being one of the best in the business. The good news is that now we can all have a bit of Kim's superior brow magic at home with her new range, Brow Aid. My desert island must-have is the ***Tinted Brow Mascara***. With my very fair eyebrows, I find it's the perfect formula to add definition and shape to my brows and the precision applicator gives a beautifully professional finish. Priced at €29, it's well worth considering for anyone interested in achieving the salon-finish look of well-defined and perfectly-shaped brows.

BROW AID
The Hero
BROW AID

SCULPTED
BY AIMEE
HydraTint
SPF 20
30ML 1.05 FL.OZ

Handbag hero

I have found the perfect tinted moisturiser. A little handbag-sized gem that's perfect for holidays or makeup bags. With SPF 20, ***Sculpted by Aimee Hydra Tint*** will be your summer best friend. At just €25, it will give you a healthy summer glow without looking 'made up' and the good news is that there are 20 different shades. Perfect for a beach day.

Hangry hair

The new ***Garnier Papaya Hair Drink*** is the go-to hair product of the summer. The long application nozzle makes it easy to distribute and it's the perfect remedy for damaged hair after a bout of sun, sea and... sand. Ideal for hangry hair that needs a bit of TLC and the bonus is that it's made with 97 per cent natural ingredients.

€12.99 at Boots stores.

GARNIER
Ultimate Blends
97%
NATURAL ORIGIN INGREDIENTS
NEW
Repairing
PAPAYA
HAIR DRINK
93% LESS BREAKAGE**
MIRROR-LIKE SHINE
INSTANT LAMELLAR RINSE-OUT TREATMENT
DAMAGED HAIR

HAPPY ENDINGS
HAIR BY SAM McKNIGHT
NOURISHING BALM
30ml 1FL.OZ
COOL GIRL
HAIR BY SAM McKNIGHT

Hair Houdini

As someone with coarse and unmanageable hair, I waste lots of time wrestling my curls, especially in the summer humidity. But there is hope, even for me, now that the highly-popular Sam McKnight haircare range is finally available in Ireland. Sam's celebrity clientele is vast, and as well as being Princess Diana's personal hairdresser, he also worked with the original Nineties' supermodels, so it's no wonder his products have gained such a solid fan base. The hero product, ***Cool Girl Barely There Texture Mist*** (named after Kate Moss, of course), has already achieved cult status, but the one that caught my eye is the ***Happy Endings Nourishing Balm.*** Costing €42, this super-smoother provides form and shape to wild, unruly hair, bringing sleekness to even the strongest curls and frizz. If it's good enough for Kate Moss, then it's certainly worth a try.

The full Sam McKnight range is available at Brown Thomas in store and online.

Sunny Side Up

There's never been more choice when it comes to picking the right SPF for your perfect level of protection this summer.

Sunscreen wasn't really a big thing when I was a child. It was a nice little extra that was put on us if we were away on holiday somewhere warm, but not for normal summertime at home. Remember though, it was the '80s and it wouldn't have been unusual to see people out sunbathing with tinfoil sheets. Sunbeds were in vogue and the real dangers of skin cancer weren't taken seriously. Fast forward to today and sun protection is not just a nice maybe, it's a must-have.

In fact, if I didn't completely lather my three- and six-year-olds in head-to-toe factor 50+ every day during the summer months, I'd feel like I should call child services on myself.

All joking aside, experts recommend that we use sunscreen from April to September and, ideally, all year round on our faces. Apart from the skin cancer risks, sun damage is one of the biggest drivers of premature ageing.

There was a time when sun cream was simply greasy, gloopy and deeply unpalatable stuff, especially for the face. Thankfully, we're living in a golden age of sunscreen and from sprays to invisible serums and hydrating gels, there really is no excuse not to be able to find one that fits the bill.

Remember to look out for a broad-spectrum product that protects against both UVA and UVB rays and is a minimum of SPF 30. Be sure to apply at least 20 minutes before going out into the sun on dry skin. Reapply every two hours and more often if you're in and out of the water. *WW*

BODY

Whether you like a quick drying spray for on-the-go protection or a creamy nourishing formula to make skin feel super soft, there is so much choice for all-over SPF.

REEF SAFE
RIEMANN P20 SENSITIVE SKIN 30
dermalogica protection 50 sport
NUXE 30
BIODERMA Photoderm Aquafluide 50+
GARNIER AMBRE SOLAIRE DRY mist 30
RITUALS 30
CLINIQUE SPF 30

1 **Reuzi Sunscreen Stick, SPF 30 €20,** 2 **P20 SPF30 100ml €25,** 3 **Dermalogica Protection 50 Sport SPF50 €43,** 4 **NUXE Sun SPF30 Delicious Lotion High Protection €24,** 5 **Bioderma Photoderm Aquafluide SPF50+ 40ml €16,** 6 **Ambre Solaire Invisible Protect Mist €11.50,** 7 **Rituals Sun Protection Milky Spray SPF30 200ml €24,** 8 **Clinique SPF30 Mineral Sunscreen Lotion For Body €35**

FACE

Gone are the days of heavy facial SPF that made you break out and look shiny. These days you can find products that work hard to nourish skin while protecting it from the sun's rays. There are even products that offer a sun-kissed tint too.

Avène 50+ Tinted fluid
IMAGE PREVENTION+ sun serum SPF 30
ÉMINENCE Tropical Vanilla Day Cream SPF 40
YON-KA SOLAR CARE SPF 50
KIEHL'S Ultra Light Daily UV Defense
asap 50+ hydrating defence
RIEMANN P20 SENSITIVE FACE 50+
NEOSTRATA DEFEND

1 **Avène Tinted Fluid SPF50+ €23.50,** 2 **IMAGE Skincare PREVENTION+ Sun Serum SPF 30 Tinted €64,** 3 **Eminence Tropical Vanilla Day Cream SPF 40 €79,** 4 **Yon-Ka Sunscreen Cream SPF 50 €33.20,** 5 **Kiehl's Ultra Light Daily UV Defense SPF 50+ PA++++ €37,** 6 **ASAP SPF50+ Hydrating Defense 50ml €31,** 7 **P20 Sensitive Face SPF30/ SPF50+ €30,** 8 **Neostrata Defend Sheer Physical Protection SPF 50 €39.95**

AFTER SUN

No matter how much SPF we use, we've all overdone it in the sunshine from time to time. Don't beat yourself up about it. Reach for a cooling hydrating after sun formula that will replenish and nourish skin. Even if it's not been burned, skin could still do with some TLC after being out in the rays all day.

Avène APRÈS-SOLEIL AFTER-SUN RESTORATIVE LOTION
YON-KA SOLAR CARE LAIT APRES-SOLEIL
LA ROCHE-POSAY POSTHELIOS
GARNIER AMBRE SOLAIRE hydrating AFTER SUN

1 **Avene After-Sun Restorative Lotion €19.50** ,2 **Yon-Ka's After Sun Milk €37.50** 3, **La Roche-Posay Posthelios Soothing After Sun Melt-in Gel €18.45** 4, **Garnier Ambre Solaire After Sun Soothing Hydrating Lotion €7.50**

By Niamh O'Reilly

GET YOUR GRILL ON

7 of the best BBQs for a sizzling summer.

With summer coming into full swing, it's hardly surprising we're cooking outdoors more than ever before.

Indeed, according to a recent survey by BBQ maker Weber, one in 10 have been barbecuing weekly in the winter, with half doing so in the summer, and it's fast becoming a year-round experience.

As Dan Cooper, head grill master at Weber, puts it: "The popularity of barbecuing continues to grow, and we expect it to be a centrepiece for entertaining.

"There's nothing better than gathering friends or family, preparing tasty food and enjoying eating outdoors. Our research shows there is clearly an appetite for getting outside, trying something new on the grill and creating more cost-effective menus."

To expand your barbecue repertoire, Cooper suggests selecting less expensive cuts of meat. "For example, replacing pricey prime beef cuts with steaks, such as a skirt, hanger or flat iron.

"Also, get creative by using ingredients you already have in the fridge, you would be amazed at what you can add to a humble burger to make it really stand out."

Meanwhile, Marina Vestbirk, outdoor buyer for John Lewis, says more customers are considering the best type of fuel to fire up, and diversifying from traditional gas or charcoal models.

"Dual fuel means they can run on gas or charcoal or both together, removing that often difficult decision of which fuel type to choose.

"As for popular alternative fuels, sales of the Traeger Wood Pellet BBQ is up 118 per cent compared to this time last year," says Vestbirk. "And the new electric Weber Lumin is up 39 per cent compared to last week, a great option for city dwellers with balconies."

Tongs at the ready, here's what's hot on the grilling circuit…

1 Orbit Electric Grill ***€464.39, visit therange.co.uk***

Who says you can't be the pitmaster in the smallest of patio spaces band savour the simplicity of an electric grill? With the option of tabletop or standing on slim legs, this one features a non-stick hotplate to flip those burgers and bangers.

1

2 Weber Lumin Compact Electric Barbecue from ***€629, visit weber.com***

Weber's answer to a boutique barbie, this latest blockbuster is backed by a smoke-infusion system for searing, smoking, steaming and boiling at high temperatures – more than 315°C. And if you're a seasonal cook, summer's open-flame grills can be switched out for grilling inside with this sleek model.

3 Sahara S350 3 Burner Gas Barbecue ***€449, visit saharabbqs.com***

We've singled this one out for its viewing

2

3

6

window, especially if you love to watch what's cooking and see no reason for keeping your marinated beef brisket behind closed doors. With a warming rack, bamboo snap-out side trays and generous cooking area, it deserves your best sticky BBQ sauce.

4

4 **Char-Broil Gas2Coal 330 Hybrid 3 Burner Gas & Coal BBQ** ***€453.87, visit calorgas.ie***

With the option of using gas or charcoal, this hybrid can be tailored to suit your grilling needs. Namely glowing coals for laid-back, summer cook-outs; or gas for grilling when you're short on time but big on ease and enjoyment. Includes porcelain-coated cooking cast-iron grates, thermometer, warming rack and enclosed storage.

5

By Sam Wylie-Harris, PA

5 **Weber SmokeFire (2nd Generation) EX4 GBS Wood Fired Pellet Grill from** ***€1,699, visit weber.com***

Cited as a great all-rounder, this is your easy weeknight BBQ, which can take on a peppered seared steak, sizzling skewers for weekend warriors and bake with the best when you're rustling up a cake recipe. With Weber Connect Technology for step-by-step grilling assistance via your smartphone, dual grilling zones, SmokeBoost function for genuine, wood-fired flavours galore, and much, much more.

6 **Traeger Pro D2 575 Wifi Connected Wood Pellet BBQ** ***€850, visit theorchard.ie***

This high-performance, state-of-the-art BBQ can be managed and monitored from your mobile phone using the Traeger app. Simply plug into the mains, fire up these environmentally-friendly pellets and scroll through more than 1,500 recipes to inspire your inner chef -and impress family and friends.

7 **Ultimate Smoker Pro by BBQ Chef** ***€465.54, visit therange.co.uk***

The big daddy of them all, if barbecuing is serious business in your household, this charcoal BBQ is where it's at. With the capacity to cater for large gatherings, highlights include an adjustable charcoal tray with cranking system, removable ash tray to make cleaning hassle-free, generous storage drawers, temperature gauge and bottle opener for that all-important bevvy. Bring on the burgers. *WW*

7

SAVVY KITCHEN UPGRADES

Kitchen experts share their top tips for affordable ways to breathe new life into the hub of the home.

When it comes to project planning, a new kitchen scheme can be a tale of two halves – style and function. As Jen Nash, senior design lead at kitchen supplier Magnet puts it: "The kitchen can be one of the most complex rooms to redesign in the home, as it demands not only style, but inherent functionality."

From selecting flooring and appliances to cabinetry and storage, she says the multitude of decisions that come with a kitchen renovation can be overwhelming.

"Many people think they need to undertake a whole new kitchen renovation for all these elements to tie together and transform the space," says Nash. "But in reality, there are plenty of clever design tricks you can use to avoid the substantial cost of a renovation, whilst still rejuvenating.''

But before you kick-start your kitchen makeover, every project needs a plan. "Whether you're modifying an existing kitchen, designing a brand new layout or creating an extension, planning is the most important stage in the process," stresses Ben Burbidge, managing director at Kitchen Makers.

"Always tailor your concepts to your budget and leave contingency for unexpected issues," says Burbridge. "It's important to be realistic about what you can achieve and how you can use the space most efficiently.

"Any structural work, such as skylights, changing entrances, moving pipes and rewiring, will add significant costs to the project," he adds. To put you on the front foot, here's how to spend, not splurge, when planning your scheme…

Revitalise existing cabinetry

''With cabinetry being a large focal point of the kitchen, updating it is one of the easiest ways to transform your kitchen," suggests Nash.

But if your budget doesn't allow for new cabinetry, she says painting them yourself can be the more affordable alternative, providing the same effect.

"Sand down your existing cabinetry, apply a primer and then paint them the colour of your choice. Whether you opt for a dramatic black or pastel green, the change of hue will give the illusion of a completely new kitchen upgrade, without the big spend," says Nash.

If you want even more of a change, she says you can also replace doors and drawer fronts with new materials and finishes.

Introduce floating shelves

If you have blank wall space, you don't necessarily need to buy large pieces of furniture, such as dressers and cupboards, to fill it.

Instead, incorporating floating shelving into the space is an affordable way to not only add more storage to your kitchen, but also add a level of style and airiness to the space, says Nash.

"Providing the perfect opportunity to showcase personal flair and character in your kitchen – displaying pretty glassware, or your favourite mugs and cookbooks, can keep your kitchen feeling cosy."

She says it's worth putting some thought into what you will have on display, as these will contribute to the overall look and feel of your space. For example, avoid placing items like appliances or mismatched crockery, as this can make your kitchen feel cluttered.

Update your splashback

"Practicalities aside, splashbacks play a crucial role as a focal point in your kitchen design," says Nash. "Simply updating them, therefore, is an easy way to add a splash of on-trend colour and transform the feel of the room."

If the rest of your kitchen is fairly neutral, she suggests picking a patterned tile to add some flair. "As well as colour, you can introduce an additional finish or layer into your kitchen with your splashback, such as textured or hexagonal tiles.''

Update hardware

Trade old or outdated hardware in for metallic finishes, such as brass and brushed gold, to give your kitchen a sleek and modern refresh, suggests Nash.

She says small changes and additions like this can go a long way in making your kitchen look and feel more luxurious, without spending over the odds.

"Whatever finish or material you opt for, ensure you keep it coherent throughout the kitchen with all knobs and handles matching in material and shape," advises Nash. "This will tie the whole space together with a sleek and contemporary aesthetic."

Burbidge agrees: "Finishing touches, such as the hardware for your cabinetry, have a significant impact on the look and feel of your kitchen. If you are on a limited budget, changing the handles is a cost-effective way to refresh your kitchen."

Add under-cabinet lighting

Aside from its practical purposes, lighting in a kitchen is a key design feature that can really determine the overall feeling and mood of the space, notes Nash.

"But you don't need to invest in extravagant lighting fixtures, or rewire your electricals to achieve your desired finish," she adds.

From overhead spotlights running across kitchen worktops and dangling over an island, to rattan lamps, safely placed candles and under or in-cabinet LED lighting, Nash says there are lots of small and affordable lighting tricks that can go a long way in creating a warm and ambient atmosphere.

"The key is to dot them around the space to create dark and light zones, that draw you in and illuminate the surrounding features."

Flooring

Another inexpensive way to refresh your kitchen is through your flooring.

"Hard flooring styles, such as vinyl and laminate, remain popular choices due to their durability and cost-effectiveness," says Sam Way, hard flooring buyer at Carpetright.

"Not only are these solutions highly durable, they can also help to transform a space and make a design statement in the kitchen, without a large investment."

Additionally, he says these styles are particularly easy to maintain, offering a visible level of cleanliness and satisfaction with a light sweep and mop. *WW*

By Sam Wylie-Harris, PA

WIN A skincare hamper worth €500

perfect legs skin miracle
A tinted multi-vitamin serum to perfect and help cover skin imperfections
thisworks
120ml e 4 fl oz
perfect legs skin miracle
A tinted multi-vitamin serum to perfect and help cover skin imperfections
thisworks
120ml e 4 fl oz
thisworks
24HR SKIN SOLUTIONS
perfect cleavage firming lotion
Anti-ageing superblend with marine algae, Hyaluronic Acid and nourishing botanical oils
lotion raffermissante pour le cou et le décolleté
60ml e 2 fl oz
perfect cleavage firming lotion
Anti-ageing superblend with marine algae, Hyaluronic Acid and nourishing botanical oils
lotion raffermissante pour le cou et le décolleté
thisworks
60ml e 2 fl oz

***Woman's Way* has teamed up with This Works to bring you the chance to win a hamper worth €500 of This Works products.**

This Works' award-winning products are made up of naturally-derived and scientifically -proven ingredients at therapeutic levels. The ingredients are expertly blended to create clean, targeted skincare that delivers. This Works is more than a name: it's a promise.

This summer, This Works introduces its Perfect range – packed with fast, effective ways to treat your skin. Each product is packed with a superblend of finest botanical oils and proven natural actives and fragrances. This Works' Perfect range is designed to enhance your skin, boost confidence, and add those perfect finishing touches to your legs, limbs and beyond so you can feel happier in the skin you're in. The Perfect range has been designed to enhance your natural beauty, delivering instant glow-giving effects with long-term skin benefits.

This Works' aim is to help you love your body – stretch marks, curves, scars, skinny bits, cellulite and all – it's only you who can say what is perfect and what is not. If you are not the lucky winner of this giveaway, fear not, This Works is available from Cloud 10 Beauty, Arnotts, Brown Thomas and leading pharmacies nationwide.

Instagram @ThisWorks

perfect legs skin miracle
thisworks

perfect cleavage firming lotion
thisworks

To enter, please answer the following question:

WHAT IS THE NAME OF THIS WORKS' NEW RANGE?

HOW TO ENTER

Email your answer by July 3 to: womansway@harmonia.ie including your name, address and telephone number and labelling your mail 'The This Works Competition'

This Woman's Way competition is open to anyone resident in NI and the Republic of Ireland, aged 18 and over, except employees and their families of Harmonia Publishing, its printers and anyone else connected with the competition. No purchase is necessary. We will only accept one competition entry per reader. Prizes are awarded by drawing entries after the closing date. Winners will be notified by email. The editor's decision is final.

OCEAN LOVE

Here are the steps you can take to minimise your impact on delicate marine ecosystems.

By Katie Wright, PA

From swimming and snorkelling to watersports and boat trips, oceans can be a source of joy and wonder on holiday.

But if you're not careful, it's easy to harm the delicate ecosystems that exist below the waves – and contribute to climate change.

Here's how to protect our oceans…

USE REEF-SAFE SUNSCREEN

"In 2018, Hawaii became the first nation to ban suncreams containing oxybenzone and octinoxate after scientists found these chemicals were harmful to ocean fauna," says Jo Royle, founder and CEO of Common Seas, a social enterprise tackling plastic pollution.

While many sunblocks are labelled 'reef-safe' or 'reef-friendly', these terms aren't regulated, so it's important to check the ingredients list.

Royle says: "Look for suncreams that contain active ingredients: zinc oxide and titanium. These physical UVA and UVB filters shield the skin from absorbing any rays, while keeping ocean life happy."

DON'T TOUCH THE CORAL

As well as being affected by chemicals in the water, coral is susceptible to physical stress.

"Coral reefs are beautiful and it may be tempting to get close and interact with them for a closer look, but did you know they're actually small creatures in the same family as anemones and jellyfish?" Royle says.

"To protect this delicate ecosystem already under threat, be careful not to touch or walk on the ocean floor."

BRING REFILLABLE CONTAINERS

When taking drinks or a picnic to the beach, opt for reusable containers and don't leave any rubbish behind.

"Every year 4.2 million tonnes of plastic waste is produced by the tourism industry, and 85 per cent of all marine litter is accounted for by plastic waste," says Royle.

Rob Greenfield, content creator at Earthtopia, advises: "Fill a reusable bottle with tap water (if safe to do so) and bring it to the beach along with reusable cutlery. If you're worried about tap water quality, try a reusable bottle with a filter in it."

Jenny Wassenaar, chief sustainability officer at Trivium Packaging, recommends taking a reusable metal water bottle.

"If made out of metal, the vessel can also be infinitely recycled, as opposed to plastic that very often only has a life cycle of just a handful of material loops."

BIN YOUR BUTTS

"If you smoke, make sure you bring a metal tin to the beach to put your cigarette butts in," says Greenfield.

"They can take up to 10 years to break down and release nasty chemicals like arsenic in the process."

DON'T BOOK A CRUISE

"For sustainable sea-lovers looking for their next holiday, it's best to look past cruise ships," Royle says.

These floating behemoths damage the oceans in numerous ways: "Contributing to ocean acidification; dumping raw sewage and grey water containing harmful chemicals from sinks, laundries and showers into the ocean." *WW*

The Great SEASCAPE

Niamh O'Reilly channels the inimitable spirit of Shirley Valentine on a solo trip to Malta, and discovers there's much more to the island than just sunshine.

A yacht in Blue Lagoon, off Comino

Eighties icon Shirley Valentine shouted out the window that she was going to Greece for the sex, but I was going to Malta for an adventure of a different kind. Namely my first proper solo trip abroad without my two young children and husband in tow. Having recently turned 40, I somehow started to feel a resonance with the famous Liverpudlian housewife I'd watched talk to a rock on a Mediterranean beach when I was a child. I'd loved the film, but Shirley always seemed much older in my mind. I was shocked to discover that her character was meant to be just 42.

Full of hope and a dash of bravery, I packed my togs and decided to channel some of Shirley's chutzpah as I embraced every moment of my five days in Malta with a group of strangers.

I must admit, I knew very little about this Mediterranean archipelago. Interestingly, Ireland has a lot in common with it. We're both islands on the opposite edges of Europe. We drive on the same side of the road, speak English, and both countries share a history of being invaded. Malta sits between Africa and Sicily. From prehistoric times, people have lived there. It was a key trade route and everyone from the Romans to Napoleon came through and left their mark. The Order of St John or the Knights of Malta and the subsequent conflicts with the Ottoman Empire and religious legacy made the biggest impact, along with the British who ruled from 1800-1964. The result is a vivacious melting pot of culture that is reminiscent of many things, but can only be summed up as truly Maltese.

A ROOM WITH A VIEW

My home for the five-night stay was the Malta Marriott Hotel (*marriott.com*) overlooking Balluta beach in St Julians, a 20-minute drive from Valletta. A modern high-rise with stunning views, it opened in 2020 and has overcome some tough times to still be standing strong. My room was frankly enormous. I quickly ran in and jumped on the bed in the style of my three- and six-year-olds, before checking out the rest of the suite. Shirley would have lost her mind at my balcony that overlooked the sea.

With little time to waste, we were whisked off to Farson's Brewery (*thebrewhousemalta.com*) for a tour. Malta's answer to the Guinness Storehouse, The Brewhouse is a stylish art deco building full of the history of Cisk beer. Taking a leaf out of their Irish counterparts 'playbook, the tour ends with a visit to the rooftop bar, which offers amazing views of the sea.

Later that evening, I walked along the promenade of Balluta Bay, passing impromptu outdoor ballroom dance classes, families eating in waterside restaurants and an air of total safety. I

Marriott Malta

Marriott Malta room

> **“Pastizzi are small, flaky puff pastry filled with peas or ricotta cheese”**

Mdina Horse and Cart

Pink Tuk Tuk of Yippee tours

Citadel Gozo

had a quick dip in the rooftop pool, but as we’d flown out of Dublin with Ryanair (*Ryanair.com*), which now offers direct flights, at 6am and having been up since 3am, I was starting to flag. I headed to my enormous bed and slept like a starfish, taking advantage of having no one beside me, no baby monitor to listen out for and no snoring.

DAY 2

In Rabat, a short stroll from the entrance to the historic Mdina, which was once the capital, we stopped in what's known as the Crystal Palace. This tiny neighbourhood bakery sells the most authentic and delicious pastizzi, which are small, flaky puff pastry filled with peas or ricotta cheese. We scoffed them hot out of the oven. Divine and less than a euro each, it’s well worth a stop. Food was top of the agenda for our trip and as we arrived at the Girgenti Olive Grove in Siggiewi for a Ftira-making session with chef Karl Mallia (*karlitosway.com*), I surrendered to the fact that I’d need to loosen my waistband for the five days. Ftira comes from the Maltese word ‘to flatten’ and these bready delights are like pizza. With a roaring stone oven on the go and a bevy of toppings to choose from, I got my hands dirty and flattened my dough under the helpful eye of Karl. We sipped on local Maltese wines, which were a revelation. With limited space for production due to it being an island, the wine is kept for the local market, and it was a real treat to sip it where it was made.

How do you top delicious hot bread and ice-cold wine? With a segway tour (*segwaymalta.com*) to the highest point in Malta, of course. On paper it sounded a bit risky, but I knew Shirley wouldn’t shy away from a segway and neither did I. Despite a few wobbles, soon I was whizzing to the top of the Dingli Cliffs, which offer panoramic coastal views at 253 metres above sea level.

The stills at the Brewhouse

Gozo Picnic

Continued overleaf >>

Ġgantija Temples

The streets of Valletta

DAY 3

Gozo is the second-largest island of Malta's archipelago and has a reputation for being very laid-back. We took the ferry over and were met at the harbour by a pink Tuk Tuk (*yippeemalta.com*). I won't lie, I wondered if there was any way it could fit in my suitcase. As we whisked by the peaceful fields and stone walls of Gozo, it reminded me of the Aran islands, only with a lot more sunshine. We stopped by the prehistoric Gantija Temples (*heritagemalta.mt*), which pre-date Egypt's pyramids. While the roof of the impressive site is no longer in place, you can walk into what was the chamber and get a real sense of the history.

Best bread of my life at Risette

These days, my picnics consist of soggy ham and cheese sambos for the kids. What greeted me as we walked into a small forest clearing was nothing short of the picnic of dreams. Ana, of Gozo Picnic (*gozopicnic@gmail.com*), had laid out an impressive spread of quiche, salads, dips and paella - all with a Maltese twist. With cushions, bunting and blankets, I burned the memory deep into my brain, so I could recall it when I was knee-deep in chicken-nugget-and-waffle-land again.

Originally from Ukraine and living in Gozo for almost seven years, Ana creates picnics on Gozo for all tastes and is particularly popular for proposals. She told us she's only had one occasion where the intended said no.

After our al fresco lunch, we zipped over to the Qbajjar Salt Pans, which looked like something out of *Star Wars*. An area of agricultural heritage, families still harvest and make sea salt right out of the ocean.

Our final stop before heading home was in the town of Rabat and a climb to the top of the mighty Citadel with stunning 360-degree views. We boarded a private boat for the ride home and stopped by the famous blue lagoon. I desperately wanted to channel my inner Shirley and dive in. I'd even brought my togs. Sadly, the crystal blue water was teeming with jellyfish and I decided to err on the side of caution.

That evening, we headed to Valletta and dined at Risette (*risette.com.mt*). Steve Scicluna (formerly of Chapter One) is the head chef and there can be no doubt that the restaurant is on its way to getting a

Doorways of Birgu

Aerial view of Three Cities, Malta

Valletta Waterfront

> ***"Gozo is the second largest of Malta's archipelago and has a reputation for being very laid-back"***

Michelin star of its own. The food is exceptional, and its focaccia sourdough is quite simply the best bread I've ever eaten in my life.

DAY 4

Vittoriosa, Senglea and Cospicua make up what's known as the Three Cities. Littered with historic stone streets, the Grand Harbour, beautiful old doorways, churches and the iconic Maltese balconies, taking a simple stroll around is like stepping back in time. If wandering isn't your thing, you could also hop into an electric-powered car (*rolling-geeks.com*), which is easily able to navigate the historic streets.

That evening we dined in Terroir (*terroir.mt*), a small restaurant with a focus on local ingredients in the old village of Attard. Again, the bread was exceptional, and the food was top-class with a playful take on dishes. At just €65 for a five-course tasting menu, it's well worth seeking out.

Home made salt

9th Marquis de Piro

DAY 5

We saved Valletta for our final day, and it was dominated by one of the highlights of the trip, St John's Co-Cathedral (*stjohnscocathedral.com*). Built by the Order of the Knights of St John, it was completed in 1577 and inside, every possible surface is adorned to the highest degree. Paintings, tapestries, frescos, gold, bronze, wood and marble are everywhere. It was almost too much to take in in one sitting. It's also home to Caravaggio's *The Beheading Of St John The Baptist.*

A welcome change of pace and a gem well worth visiting is Casa Rocca Piccola (*casaroccapiccola.com*), a 16th century palace of a noble Maltese family. We were lucky enough to get shown around by 9th Marquis de Piro himself. Nicholas is everything you'd expect from a noble gentleman, and he graced us with stories of 'Granny,' who attended the coronation of Britain's Queen Elizabeth.

St John's Co-Cathedral

Medina restaurant

We rounded off the day with a terrific Arabian-inspired lunch at Medina (*medinarestaurant.xaracollection.com*) and a wander around the old capital, which served as a location for *Game of Thrones*.

I visited the hotel's rooftop pool for the final time and sipped an Aperol on the roof, staring out at the Med, my hair whipping in the wind and feeling very proud of myself.

Our airport transfer was at the ungodly hour of 3am and as I left Malta behind me, bleary-eyed but happy, I vowed to keep that Shirley chutzpah with me and my togs ready for more solo adventures. *WW*

Find out more about Malta on visitmalta.com

Panoramic view of Waterford at night

Wonderful ★★★★★ WATERFORD

Astrid Madsen packs her kids and her bags to find out if Ireland's oldest city lives up to the hype.

To be honest, when I first set foot in the *Déise* nearly two decades ago, the city felt a bit like Dublin's poor relation. Dirtier and with less to do, yet full of potential and personality. Fast forward to today and it's more akin to a chic European city, with bustling cafés, interesting architecture and independent shops.

Then there's the street art, which really sets it apart from other Irish cities I've been to. It's absolutely everywhere, from floral arrangements to portraits, all courtesy of the perennial Waterford Walls Festival (this year it's on from August 11 to 20, visit *wallsproject.ie*).

Another unique feature is the unhurried network of pedestrian streets. There's less of that manic, car-driven energy typical of so many cities. And there's even a bit of excitement in the air. The quays are getting a facelift, while derelict notices on vacant buildings promise even more rejuvenation.

OUR TRIP

For some reason, (probably the weather), packing for this trip had the feel of going on a holiday abroad. The kids filled their bags to the brim, I suspect secretly hoping our one-night stay might turn into a week off school.

They had a fair idea of what to expect from the 1,100-year-old Viking settlement. Last year we'd gone to the action-packed Spraoi street art festival, featuring everything from acrobatics to theatre (it's on from August 4 to 6 this year). But this time around we went for a more traditional cultural event, to visit the museums in the Viking Triangle with a Freedom of Waterford Pass (€18 adults, kids free, visit *waterfordtreasures.com*).

Now this was always going to be a hard sell as the kids are allergic to anything that's 'educational'. So I decided to ignore their questions of what we were going for, and focused on the hotel instead, because they love the artifice. Getting our beepy key cards at reception, the elevator, the dreaded vending machine (unfortunately, cursing it doesn't make it go away) and joy of joys, the massive comfy family room with slippers and bathrobes.

Our digs for the night, the four-star Fitzwilton Hotel, is within walking distance of the heart of town. And oh boy, the view from our bedroom was something else. The corner window regaled us with the imposing Edmund Rice Bridge, the main city centre access over the River Suir, and a magnified experience of the elaborately adorned Saint Saviour's Church.

Once we got over the excitement, and the kids bounce-tested the beds, we headed over to Burzza (*burzza.com*) right off the covered Apple Market flanked with pubs. The kids loved the menu-slash-colouring pad and ordered delicious wood-fired pizza.

The nachos appetiser was substantial and was a big hit with both the kids and the husband sipping a refreshing Dungarvan beer. The stars of the show for me were the expertly-crafted Blue Hawaiian cocktail and the welcoming staff. All in all it was a microcosm of Waterford's vibrant community with a mix of locals and expats.

FITZWILTON
Fitzwilton
HOTEL

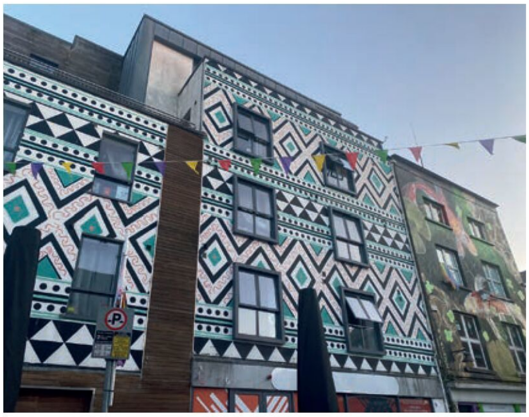
VIKING TRIANGLE

I decided to break the news over breakfast. Which of the Viking Triangle museums did they want to visit? The kids' faces fell. The Medieval Museum. Bishop's Palace. The Irish Museum of Time. The Irish Silver Museum. "I wish we'd stayed home," was the mantra they muttered under their breath as they dragged their feet up the street.

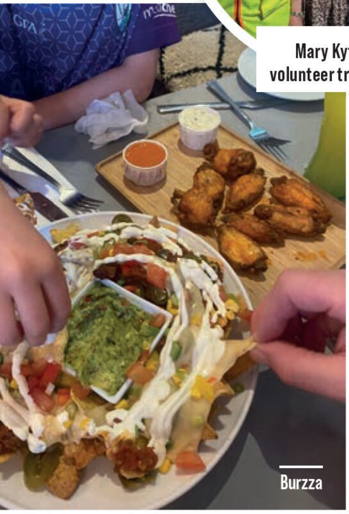
Until they spied two fibreglass chessmen straight out of *Harry Potter*. The Medieval Museum staff were carting out the metre-high pieces, replicas of the 12th century Lewis chess set believed to have been made by Vikings in Scotland.

Once set up, I played against the kids and

Mary Kyte with volunteer train drivers



Waterford Suir Valley Railway



Burzza

MUSEUM
MEDIEVAL

yes, they won, but they also relished moving the pieces and poking fun at the figures. On a schedule, I ushered them into the actual museum. With very few people around on a Friday morning, we could take it all in at a leisurely pace.

The museum was designed by Waterford City Council architects who enlisted the help of artists and historians to create this cleverly shaped gem. Down a medieval spiral staircase, coursing through the cellar, aka wine vault, was a highlight but the kids mostly enjoyed the models of Waterford over the centuries, starting with the days of the first Viking settlement in the year 914.

Nearby, the Kite Design Studio's workshop had left its doors open (kilns are hot) and we got chatting with the glass makers (visit *theirishhandmadeglasscompany.com*). We then grabbed a bite at the Bishop's Palace Café and in the same building sauntered over to the museum showcasing treasures from the 17th to the 20th Century.

To my surprise the kids responded to the bishop's refurbished home. They were most engaged by the display of artefacts from the Great War, in particular the toys children played with back then. At this stage we didn't have time for the 40-minute guided walking tour, which is included in the Freedom of Waterford ticket price, but it's firmly on the to-do list for our next visit.

ALL ABOARD THE GREENWAY

We had a booking for the Waterford Suir Valley Railway, for a train ride from Kilmeadan, 10 minutes out of town. We just about made it. Hopping out of the car and onto the narrow gauge train journey, with treasure map in hand, the kids were keen to find all the milestones. Although what they enjoyed the most was counting how many waves they got from passers-by and cyclists.

The rattly ride along the Greenway, running along the abandoned Waterford-Dungarvan line, goes by in a flash but actually lasts an hour. We stopped off back at Kilmeadan, to grab a 99 at the little tuck shop and the place had all the charms of one that's run as a non-profit.

The train drivers are volunteers and Maria Kyte has been running the place for 20 years. The community heritage project started off before the Waterford Greenway, and is well worth the detour with children or as a pit stop if you're cycling or walking up that way (it boasts the longest jelly snakes I've ever seen, and tasty-looking sandwiches too). Return train ride from Kilmeadan costs €10 adult, €5 child, €28 family ticket, visit *wsvrailway.ie*.

In the car on the way home, the kids happily declared the trip a success. We'll be back. *WW*

Waterford has festivals year-round to suit all tastes, be it food, music, architecture, or geology. It's also home to the House of Waterford Crystal. For full lisitings visitwaterford.com.

★★★★★

ITALIAN *Escape*

Affordable, undiscovered and wonderfully rustic, Umbria is everything you need for a heavenly break.

I'm stood in the middle of a rustic, old Italian kitchen, feeling like a total failure. Mara, a nonna who is teaching me how to cook Italian food, is shaking her head and wafting my disc of freshly-made pasta at me, tutting and muttering in her native language. She doesn't speak a word of English, but Beatrice, who is translating for me, reveals I've used too much flour. My pasta is too hard and no longer any use for ravioli – it is only good enough for tagliatelle. The shame is real.

Thankfully, slurping some delicious red wine and licking the spoon from the-best-tiramisu-I-have-ever-tasted-in-my-life soon takes the edge off.

Mara and her co-chefs, Edoardo and Emma, arrive in our three-bedroom cottage in Borgo Bastia Creti, a small, 14th century resort in Umbria, right in the middle of Italy and close to the Tuscan border.

I listen to the crackle of logs sparking in the ginormous fireplace, as Italian chatter gathers speed and volume in the kitchen. Together, we make ricotta and spinach ravioli in a sage, butter and olive oil sauce, tagliatelle in a buttery tomato sauce - "the butter makes it better," Emma says. We also made proper Italian tiramisu, made with six simple ingredients, no cream, and all about the eggs and lots of whisking, an ingredient often missed out of recipes entirely at home.

After a couple of hours of hard work (making pasta is much more difficult than I thought it would be), we sit down to our feast, supplemented with wine and an additional starter of antipasto, because two courses of pasta and a large, rich dessert apparently isn't enough. Well, we are in Italy.

THINGS TO DO

Organising activities and things to do on site is something they specialise in at this family-run hamlet. Now owned by 30-something twins, Roberto and Veruschka Wirth, who also own Rome's five-star luxury hotel Hassler Roma, this used to be the home of their grandma. If pasta-making isn't your thing, €75pp, they can organise dinners €40pp, yoga €40pp, massage €90pp, learning Italian €50pp, wine-tasting €50pp and truffle-hunting from €50pp - pretty much anything you fancy. There are tennis courts, a pool and bocce set available, too.

The resort has a total of 13 bedrooms, so it never feels too busy. Shortly after our visit, the whole hotel is being hired by couples from Oslo, who have booked dinner and wine-tasting in the 12th century chapel, complete with a traditional accordion player.

An hour's drive from the airport, past lush vineyards, pretty shuttered stone

Borgo Bastia Creti

The pool at Borgo Bastia Creti

The view from Borgo Bastia Creti

The cottage lounge at Borgo Bastia Creti.

> ***"Montone is a bit of a hidden gem. Only 1,500 people live here, yet it's a celebrity favourite. Stanley Tucci was given the keys of the city..."***

By Claire Spreadbury, PA

buildings and undulating green hills, fields come to life filled with thousands of wild red poppies.

This part of Italy feels so authentic – rustic, real and undiscovered, although it's certainly starting to garner interest.

According to Roberto, Antognolla has one of the most beautiful golf courses in Italy and is just over half an hour away. Costello is a 15-minute drive, known for its historic landmarks and beautiful churches, and swanky hotel brand Six Senses is opening up nearby, too.

Puffs of white cloud hang low in the Umbrian hills as we head into another nearby village, Montone. A 30-minute drive away, it's a bit of a hidden gem. Only 1,500 people live here, yet it's a celebrity favourite. Stanley Tucci was given the keys of the city at last year's film festival, which takes place here every year. And after eating lunch at L'Antica Osteria di Montone, the Australian owner regales us with tales about Cameron Diaz's visit last year, as well as Dan Levy and Jesse

Continued overleaf >>

Borgo Bastia Creti

Borgo Bastia Creti

Tyler Ferguson. Rumour has it, Gwyneth Paltrow stays on the Reschio estate, about 30 minutes away, too.

FINE FARE

"Italy is full of places that are still undiscovered," says Roberto, "and people are looking for quieter, more authentic places now."

Hilly, winding lanes lead us down past sand and limestone buildings, ivy-clad walls and curved, weathered terracotta roofs. Pink and red geraniums hang from window boxes and wisteria weaves its way around pretty pergolas. The churches in Montone are insanely beautiful, as is the food.

We tuck into a local speciality of brasato di chianina (braised beef) €17 and a salted caramel semifredo €6, and there are lots of other picture-postcard eateries here, too. La Locanda del Capitano doesn't have a Michelin star, but it is included in the guide with a Bib Gourmand recognition. And there are lots of varieties of truffle here, over 40, in fact. The best is apparently white truffle, served in local dishes, and in season from September to December, so autumn is a great time for foodies to visit.

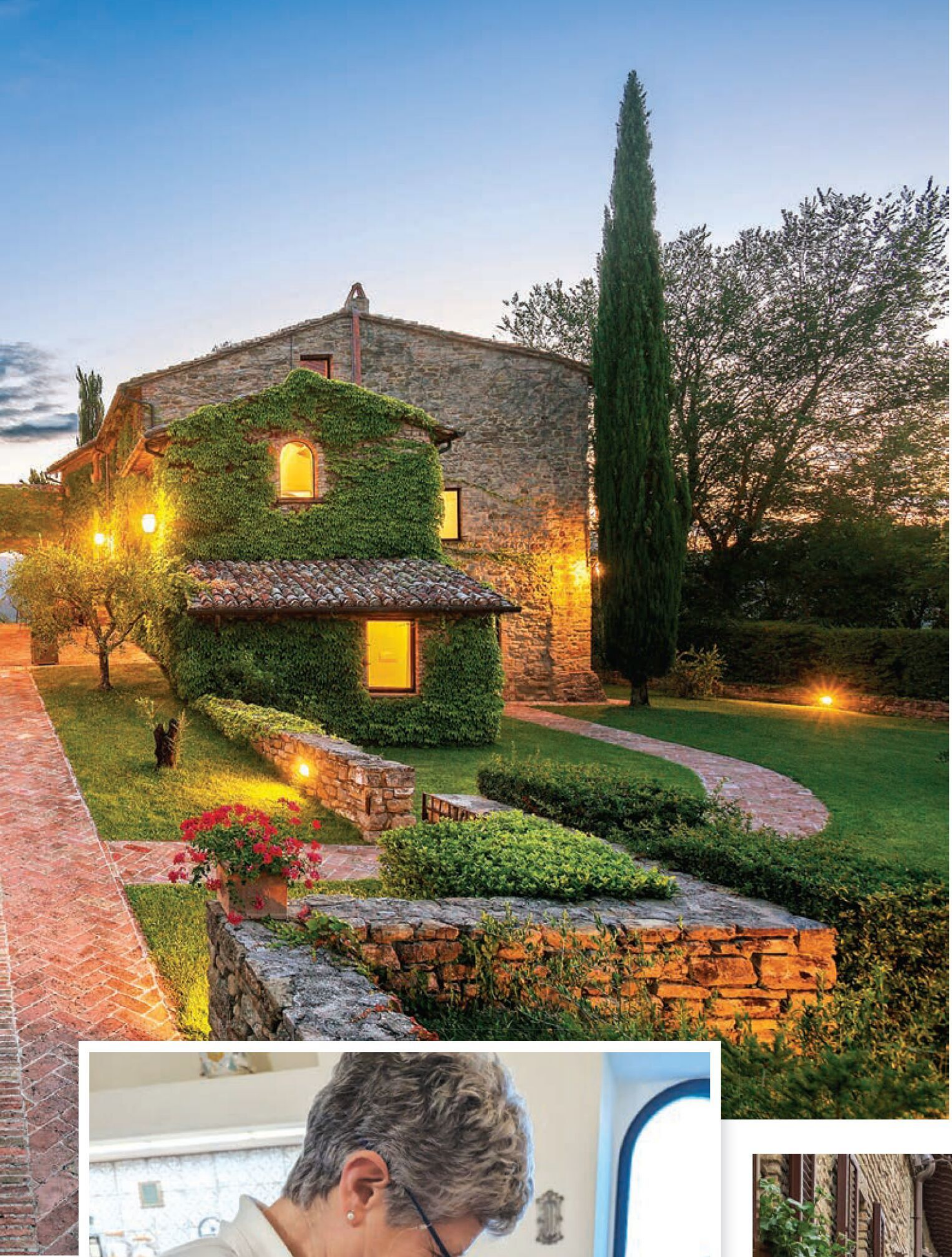
Back at the Borgo, white candles wobble in the silver candelabra as we sit chatting with the expressive Italian staff. The food here is 'mama style' – scrambled eggs at breakfast, chickpea and pasta stew at dinner and grilled vegetable salads at lunch. Fine dining it is not, but comforting, fresh and Italian it most certainly is. "We are simple, but authentic," says site manager Sonia.

My room is spacious, filled with a huge bed, old wooden furniture and handmade floor tiles, containing swirls from the trowels which made them, plus the odd finger smudge and paw print, laid with a couple of mismatching rugs. Ancient double wooden doors with giant iron hinges lead into my en-suite where my enormous wardrobe sits looking over double basins and a ceramic bath sunk into a tiled surround, with hand-painted hexagonal tiles depicting fish, trees, birds and people. It's not remotely fancy, but it's wonderful.

The lounge area of our cottage continues the theme, with chunky furniture placed around a couple of understated red sofas. Ornate detailing sings from every corner. In the beautiful wooden arms of the chairs that flank the fireplace, in the painted shapes of the lamp bases, each one chipped and worn, and the gold-painted plaque above the stone mantlepiece. All the ceilings are beamed wooden slats and in the kitchen sits an enormous wooden table seating up to 12 people. Arched windows look out onto the Umbrian hills like paintings, and worktops and walls are adorned with battered monochrome tiles.

The views here are phenomenal, and the gardens are filled with cypress trees, pomegranates and aromatic bushes. From

Borgo Bastia Creti



the panoramic pool, I can see tiny droplets of morning dew on the grass. The light is reflecting in the rippling water and the only sounds I can hear are a chattering magpie, a determined cuckoo, chirping birdsong and the nearby cattle lowing. It feels remarkably peaceful, as I watch the mist rise from the surface, my body shocked and shivering from the early morning temperature.

It's unseasonably cold and rainy in Italy this May, but no matter. Instead of lounging on a sun bed and soaking up some rays, I'm getting my vitamin D alongside some cold water therapy at the pool today, and I can't think of anywhere more beautiful to do it. Olive trees stoop over to watch my springtime madness, all old, gnarly and knowing, their leaves shimmying in the morning breeze.

Afterwards, the local church bells chime and it's time to head home. I attempt to focus my mind on the elegantly tall pines and mountainous hills around me, but the leftover tiramisu is calling my name from the fridge. Maybe there's time for one last feast before I go.

HOW TO PLAN YOUR TRIP

Borgo Bastia Creti (*bastiacreti.it*) offers rooms from €280 per night or €1,400 per week, based on two adults sharing, excluding breakfast. *WW*

Maya , one of the Italian cooks teaching pasta-making

Montone

Newcastle West at dusk

CYCLING the LIMERICK Greenway

The Limerick Greenway is quietly making a name for itself as a holiday destination. Astrid Madsen hops on a bike to find out more.

Longcourt House Hotel

When I was in my 20s, a midweek one-night stay in a hotel wouldn't have been my idea of a dream holiday. I'd have more readily booked a weekend away, on the cheap, in a European city. But two decades later, a four-star hotel staycation sans kids was just what the doctor ordered.

Giddy to get away, and keen to discover a part of the country we didn't know, myself and the hubby headed to Newcastle West to explore the Limerick Greenway.

Fully renovated and reopened without much fanfare in 2021, the Limerick Greenway has gone from strength to strength as both a tourist attraction, for families and cycling groups, and as a place for the locals, especially pensioners, to walk or cycle.

Part of a European cycling route, it runs from Listowel, Co Kerry, to Rathkeale, Co Limerick, along part of the old 19th Century decommissioned railway line. After the tracks were entirely removed in the 1980s, what remained was a flat surface that a community group gravelled to use as a recreational path.

In came Limerick County Council with asphalt and a year-round maintenance crew, and it's now a pristine destination for cyclists and walkers alike. The track is currently just shy of 40km with plans to extend it further into Kerry.

NEWCASTLE WEST

Rain clothes packed, kids taken care of, and a bottle of wine smuggled in our luggage (which, sadly, we never opened), we headed off for our sneaky getaway. En route, I gleefully ditched the to-do list that clutters my head space.

The relaxing drive landed us at the four-star Longcourt House Hotel in Newcastle West, two hours after clocking off work. And the reception we got from the hotel staff set the mood for our entire stay: friendly and easy-going.

Chatting away, the hubby and I made our way up to our spacious double room where we were greeted with a welcome plate of desserts. The bathroom was massive and the bed, the stuff dreams are made of. Velvety soft with firm support.

After freshening up, we sauntered down, ravenous, to Chasers Bistro, the hotel restaurant. And we were in for a treat.

My chicken wings were sweet and spicy, and sticky too, just as I love them. The creamy chowder was filled with fresh flaky fish and seafood – no stodgy floury mouthfeel here. The crème brûlée for dessert was surprisingly refreshing and light with a perfectly caramelised top.

After our hefty meal, we headed over to the town centre for a digestive walk. On a weekday evening, it wasn't exactly buzzing but the architecture was impressive. Plaster details, traditional shopfront signage, timber carvings. It even boasts an old Carnegie Library.

Quirky, eclectic and in more ways than one, beautiful, Newcastle West is in fact the largest town in the county after Limerick City. Most famous for being home to the Ballygowan bottled water company, it was once a bustling trading town thanks to the river Arra, which was much wider in Celtic and Norman times than it is today.

As a tourist, I have to admit that what I loved most about the place was Desmond Castle, dating back to the 13th Century, lovingly restored by the OPW. When I visited the following afternoon, the free tour was well

Desmond Castle

worth the visit – just make sure you get up to the Banqueting Hall to get the full story. It involves Irish viticulture and a stash of ammo.

LIMERICK GREENWAY

While the village of Adare to the north of the Limerick Greenway needs no introduction, with its pristine thatched cottages and renowned estate and golf course, the towns and villages the Limerick Greenway snakes through aren't as polished.

But they all have their own charms and are within walking distance from the Greenway entry points known as the Greenway Hubs. Most hubs are set up with amenities such as bike hire, restaurant, and activities to keep the kids busy.

A glamping site recently opened along the route (*visit greenwayglamping.com*) and further down the line, the council will be opening new playgrounds and a camping site, plus a café in a restored railway carriage.

As for my own cycle, I have to admit I was a bit apprehensive about getting on the saddle. Not just because I haven't cycled in years but because the weather forecast stubbornly predicted heavy rain. The icon on the Met Éireann app wouldn't budge from that pesky dark grey cloud with bright yellow lightning bolt.

But a bit of rain wasn't going to stop me. And thankfully, the weather turned out to be what it pretty much always is in Ireland. Sunny spells with scattered showers. Perfect weather for a leisurely cycle, and that it was. Starting with a warm welcome at the rental bike shop in Abbeyfeale (*visit limerickgreenwaybikehire.ie*).

Considering how unfit I am these days, I was surprised to find that the bicycle didn't feel like exercise. The 13 kilometres I pedalled to Barnagh were mostly on the flat, and they went by in a flash. No sore muscles either, a win-win. It took me an unhurried hour and a half, allowing for a few stops to take photos.

The highlight for me was the cut stone passage leading up to the Barnagh Tunnel, with vegetation creeping up and down the weeping rocks. If it weren't for the somewhat Baltic temperature, I'd describe the experience as tropical due to the groundwater coating the stone. I could feel myself decompressing.

The Tullig Wood section of the Greenway also casts a spell, with trees rising high above in a protective canopy. It's a bit like nature giving you a hug.

But what's really lovely about the place is how the local community has adopted this Greenway as theirs. Conor McMahon, of Limerick County Council, says the Leave No Trace campaign is working. Greenway users are really good at taking their rubbish with them, including dog fouling. And if they're not, the locals pull them up on it.

My cycle concluded at the Barnagh Greenway Hub with picnic lunch from Platform 22. Olive Sheehan runs the bustling restaurant and grounds, which includes a mini golf and playground. There's also a fully-functioning pottery studio; drop-ins are welcome or book online at *thepaintedpot.ie*.

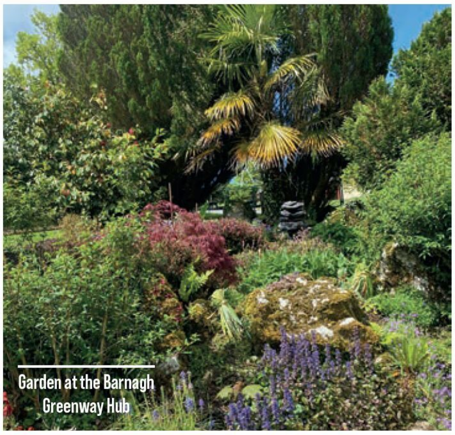
Olive lives on site and, industrious as she is, tends to the gardens herself. She even brought in a beekeeper to harvest honey which she uses in her breads and other delicacies.

Championing local produce and drinks (I'd recommend the alcohol-free Cronins cider), her passion for good food and healthy living is as infectious as her smile.

After this invigorating experience, I'll do my best to book another midweek adventure in the near future. To recharge the batteries, go completely offline, and have a laugh with the hubby kid-free. It was pure bliss. *WW*

Barnagh Tunnel

Astrid and Olive

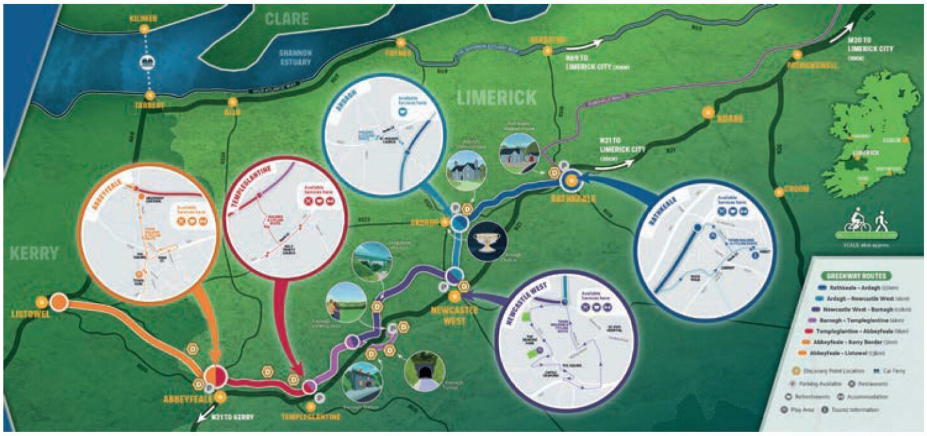


Garden at the Barnagh Greenway Hub

Plan your Limerick Greenway break

Visit *limerick.ie/greenway* to plan your route, and find suggested itineraries.

- **Longcourt House Hotel, double rooms from €125 with breakfast included midweek, *visit longcourthousehotel.ie***
- **Bike rental from €25 for an adult, €10 to €15 for a child's bike or kid trailer, including helmet. Wheelchair bikes are being rolled out for this summer; a shuttle bus runs between the Greenway Hubs (access points) €2.50 kids, €5 adults.**
- **Picnic basket to bring on your cycle from Platform 22 costs €29.90 for two adults, includes homemade brown bread canapés, homemade scones, granola with locally-produced yoghurt, Attyflin apple juice, selection of crisps and Ballygowan waters.**



Photos by Astrid Madsen

Check out our review of The Full Monty series on Disney+, the latest shows, movies, podcasts and as always, our pick of the best new books.

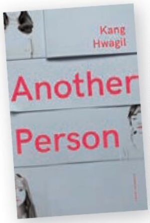
The Hot List

READ • WATCH • LISTEN

5 NEW BOOKS TO READ THIS WEEK

FICTION

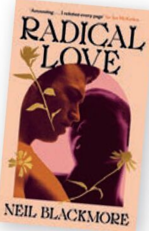
Another Person



by Kang Hwagil, translated by Clare Richards, is published in paperback by Pushkin Press, priced €18.75

Another Person is a confronting and timely book about consent, toxic masculinity, sexual assault and how women are treated in South Korea, by one of the country's most prominent feminist writers. It starts with a young woman, Jina, locking herself away in her apartment, after she revealed to the world she was assaulted at work. However, the internet swiftly turned on her, accusing her of being a liar and trying to ruin a promising young man's life. The experience makes Jina explore her past at Anjin University, thinking back to what really happened during her time there, particularly to one student, Ha Yuri, whom everyone wrote off as promiscuous and mysteriously died. It's told from different viewpoints, helping the reader build a full and shocking picture of what it's like to be a woman in South Korea; it's a powerful look at sexism and assault in university campuses and beyond.

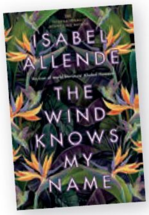
Radical Love



by Neil Blackmore is published in hardback by Hutchinson Heinemann, priced €21.25

John Church is a preacher on a mission to spread a message of love, but Regency London is not a society that tolerates outsiders. For those who experience 'unnatural' desires, the city is a place of fear, where love can survive only in the shadows of street corners, in secret molly-houses, in clandestine moments snatched when backs are turned. But Church is a passionate man, and when his desires are sparked by a meeting with intellectual ex-slave Ned, a flame is ignited in him which threatens to consume them both. Blunt, raw and unapologetically sexual, *Radical Love* is a story of human flaws, the dangers of both honesty and deception, and idealism in the face of cruel reality. With plenty of references to penetrating truths that still resonate two centuries later, it holds a lens up to 19th-Century existence, whilst asking uncomfortable questions of our own. It is a story of the search for freedom and for acceptance, and it demands an answer: how high a price must be paid for the radical pursuit of love?

The Wind Knows My Name

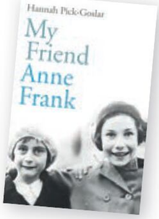


by Isabel Allende is published in hardback by Bloomsbury, priced €23.75

Legendary Chilean writer Isabel Allende's latest offering is a fictional look at immigration and refugees. It starts in the 1930s, where six-year-old Samuel, who is Jewish, is separated from his parents after Kristallnacht and sent to England on the Kindertransport. Later, this is mirrored in the present day with the story of Anita Diaz, who has fled violence in El Salvador and made the dangerous trip to the US, only to be separated from her mother. It's particularly fashionable in fiction right now to have books from multiple perspectives. Sometimes it can be powerful, but for *The Wind Knows My Name*, it makes things feel a bit disjointed. While Allende's prose is polished and beautiful, the similarities of the two stories is altogether too obvious to be that clever, making the link feel a bit forced.

NON-FICTION

My Friend Anne Frank

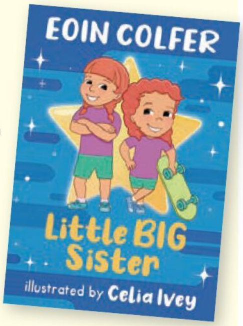


by Hannah Pick-Goslar is published by Rider priced €27.50

It would be hard to find someone who doesn't know the story of Anne Frank. The account of the brave little girl who hid from the Nazis in her attic is one that has inspired all who read it. What's interesting about this book is that Pick-Goslar's memoir provides a glimpse at Anne's life before that dark period. The two girls were neighbours in Amsterdam, and they walked to school together and had sleepovers. They played games and had fun like any young girls. Of course, it all changed when Hannah arrived at Anne's apartment one day to be told the family had fled to Switzerland. The truth was they were hiding in the attic and the two girls didn't meet again until they both found themselves in the hellish Bergen-Belsen camp. Hannah was able to speak to her friend Anne and even throw her packets of food from the opposite side of a high fence. While Anne sadly died in the camp, Hannah got out and her accounts of her time in Bergen-Belsen are simply harrowing. A superb companion piece to the original, it's well worth a read.

CHILDREN'S BOOK OF THE WEEK

Little Big Sister



by Eoin Colfer and illustrated by Celia Ivey is published by Little Island, €12.99

Most children's books have an important message behind them. Sometimes it can get a bit trite, but this charming book manages to remain engaging. It tells the story of Starr. Starr is Babes's big sister, until one day, Babes climbs up into the treehouse all by herself, and Starr realises that her little sister is now taller than she is. While everyone starts out little, Starr realises she is going to be little forever. A beautifully and sensitively-written tale about a child with dwarfism, it hits home the message of acceptance and bravery in a lovely way. Ideal for ages four to eight. *WW*

By Prudence Wade, PA and Niamh O'Reilly

Talitha Wing and Robert Carlyle

Hot Stuff

Niamh O'Reilly finds out what happened to the Full Monty crew when they put their clothes back on, in Disney+'s new series.

It's been 26 years since we heard actor Mark Addy say the immortal line, "For one night only, we're going for the Full Monty." What followed was a performance no one will forget. I can remember watching it as an embarrassed teenager, half behind a cushion, as Robert Carlyle's Gaz and co. stripped off on stage in their local club in Sheffield. It has spawned many imitations since and lots of real-life charity versions too.

But was there really a need to check in on this loveable gang of misfits all these years later, or is it just another in the long line of reboots that just doesn't work? The answer is complicated.

Mark Addy

The series opens in modern-day Sheffield. The old club where the Full Monty took place has gone into disrepair, and people walk by unaware of its importance. All the gang is back. Gaz, played again with cheeky energy by Robert Carlyle, now has a teenage daughter called Destiny (Talitha Wing), who has inherited her father's ability for getting into trouble. Dave (Mark Addy) is still married to Jean (Lesley Sharp) and the pair work together in the local school. He helps the troubled teens, but is still frustratingly blinkered when it comes to what's going on inside his marriage.

Lomper (Steve Huison) is married to newcomer Dennis (Paul Clayton). It's a nice turnaround from the oppressive atmosphere he faced in the original and the pair run a café together. Gerald (Tom Wilkinson) makes a few quick cameos too, but it's Horse's (Paul Barber) story that hits the hardest. Now riding a mobility scooter, he's fallen on hard times and it's sad to see what his day-to-day life has become.

Exploring the hard issues was what elevated the original film. Sure, it was hilarious to see these unlikely lads stripping, or practising their routine in the post office as Donna Summer's *Hot Stuff* played over the radio, unbeknownst to the rest of the customers. But it was the meaty issues that made it stand out.

Paul Barber

The good news is that this time we get more of that; the crumbling healthcare service, the faults in the education system, the lack of jobs and immigration are all touched on. What I felt was missing though was the belly laughs. The comedy just didn't hit the same notes and, for me, it lacked that spark, that gritty magic that made the film so special.

Ultimately, it was hard to find this more than a trip down nostalgia lane, and while it didn't get the balance of comedy and misery right, it was still fun to check in with the gang again. *WW*

Streaming on Disney+ now

Hot Right Now...

From twisty psychological thrillers to some top class on-stage entertainment for all ages, Niamh O'Reilly's got your fortnight ahead sorted.

Aaron Paul in *Black Mirror*

TV PICKS

Black Mirror

Arguably one of the most inventive and addictive TV shows in recent history, *Black Mirror* returns for a sixth season. While that might sound like a lot, *Black Mirror* seasons are notoriously short, with this one having just five episodes in total. Still, it's part of its allure. It's a hot commodity in short supply and this time out you can expect more tales of the unexpected. If you're new to Charlie Brooker's dark franchise, then you're in for a treat. Each episode is self-contained and set in a near future or alternative present that's not too dissimilar to our reality, but the dark side of technology, or rather the humans who use it, is a common thread. With a host of A-list stars like Aaron Paul, Himesh Patel, Josh Hartnett, Kate Mara, Culkin and Salma Hayek Pinault, it's terrific, if a little unsettling.

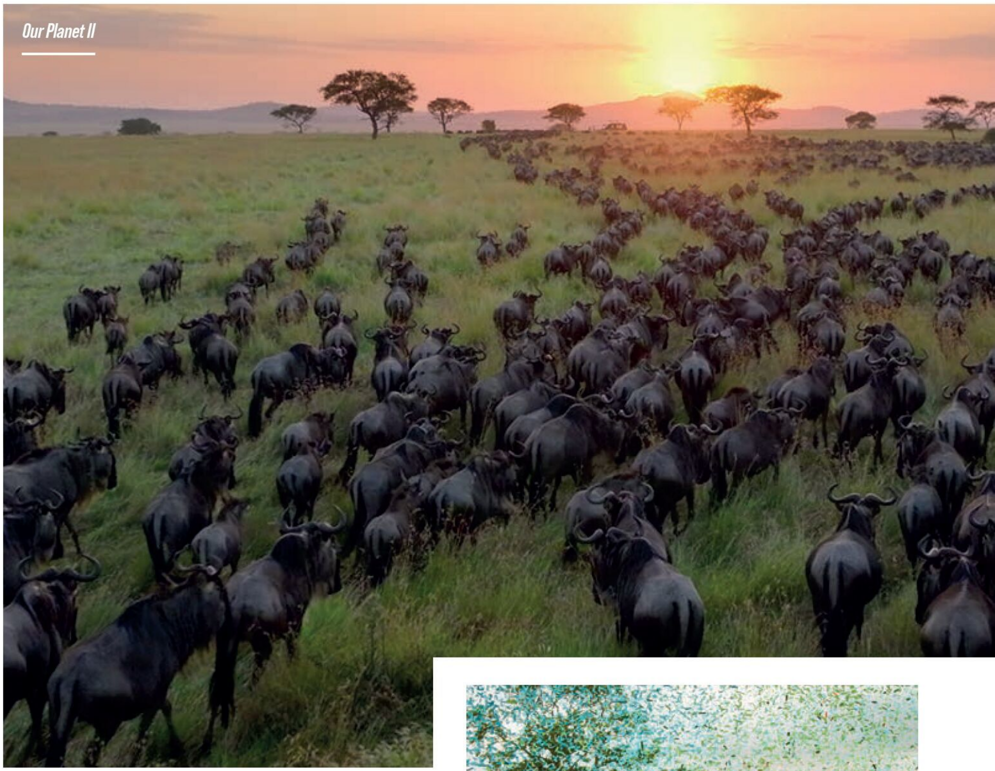
Streaming on Netflix

Amanda Seyfried and Tom Holland in *The Crowded Room*

The Crowded Room

If you're looking for something meaty to sink your teeth into, then this psychological

mystery thriller could be just the thing. Tom Holland plays Danny Sullivan, a young man who is arrested following his involvement in a shooting in New York City in 1979. Mostly played out in a series of interviews with Amanda Seyfried's police interrogator, Rya Goodwin, we find out more about Danny and the events leading up to the shooting, all of which may not be what they seem. Holland is almost unrecognisable from his perky Spider Man persona, and it's great to see him get a chance to flex his acting muscles a little more. It's a hugely-compelling story told with plenty of atmospheric cinematography, but it is very much a slow burn. Details are drip-fed and for some, the glacial pace of the ten episodes may prove just too much to put up with. I would urge you to stick with it though.
Streaming on AppleTV+


Our Planet II

DOCUMENTARY
Our Planet II

There's no voice quite like Attenborough when it comes to describing the natural world and he's back with more in *Our Planet II*. This time, the documentary series focuses on the migratory patterns of dozens of animal species as they embark on often life-threatening journeys to feed, breed, and find new homes. As ever, the camera work is insanely good, with drone shots making you feel part of the various herds and new revolutionary low-light camera work in the darkest depths of the rainforest. Each episode represents three months of the Earth's orbit, highlighting major animal gatherings and events to showcase the sheer diversity of the animal kingdom, as well as rare and never-before-seen moments of animal behaviour.
Streaming on Netflix

ON STAGE
The King and I

There's nothing like a classic musical and there can be fewer more entertaining than this Rodgers and Hammerstein production. Featuring the famous numbers Getting to Know You, and Shall We Dance, which you are now probably humming as you read this, it's one of those feel-good shows that appeals to all generations. This run will feature Irish musical theatre star, Annalene Beechey, who's been in *Wicked* and *Phantom of the Opera*, in the role of Anna Leonowens. She'll star alongside Broadway and film actor, Darren Lee,+ who will play the title role of The King of Siam.
Running at Bord Gáis Energy Theatre from June 27 – July 01

Annalene Beechey in *The King and I*

Biggest Disco Festival

If, like me, you still think the '90s were only ten years ago, then this kick-ass festival might be right up your street. Taking place June 23-24 at Punchestown, it promises an epic line-up of disco icons, including Peter André, Darude, Blue, Basshunter and DJ Sammy. I can literally feel my teenage self letting out a squeak of delight. As well as the non-stop music, the festival is hoping to break two world records by hanging the biggest disco ball and launching the world's biggest confetti cannon in the world. Expect CO2 jets, drone shows and fireworks as over 75 acts from the '90s and '00s take to the stage.
Tickets are available at BiggestDisco.com

Biggest Disco Confetti Cannon

PODCAST
On The Number with Darren Kennedy

The first series of this Irish podcast has just come to a close and if you're looking for something to listen to on your holiday or on the airplane, this could be just the thing. The premise is that Darren explores the idea that a life can be measured in numbers. Each week, he asks his guests their seven most significant numbers and how they've shaped their lives. Everything from love and success to age and achievement, as well as low points and failures, are all hashed out in his warm, friendly style. Recent guests include Donal Skehan and Jennifer Zamparelli. *WW*
Available wherever you get your podcasts

Darren Kennedy

LETTERS

Star letter

There is an increase in diesel and petrol prices, a great revenue-earner for the state. We are the 11th most expensive in Europe for petrol and the 9th most expensive in Europe for diesel. On average, it's an extra €40 a month for a motorist. There are people going without over this and not putting items into their shopping trolley that are needed. The cost of everything is going up. The fuel increase is very hard on people living in rural Ireland; they feel the hit more than others.
Claire Mulrooney, Co Offaly

Let's talk about sex

Wow. What a breath of fresh air to read about sex without the nudge-nudge-wink-wink nonsense. Loved the stories from women from all walks of life, like comedian Tara Flynn (pictured above), sharing their experiences. An open and mature dialogue about sex is what we need and I'm heartened to see it becoming more mainstream. Anything that's brushed under the carpet festers and leads to things like toxic masculinity. There's no shame in loving and enjoying our bodies. Keep up the good work.
Henrietta Burke, Co Clare

Skitter Paws

Tippy tap, tippy tap, tippy tap,
Your toenails announced your arrival,
You never could sneak up on us like the cats.
Your little tail wagged and yes you could smile,
And you often did. I miss that.
When I was cooking you would stand beside me
In the hopes that a morsel would fall
We often gave you leftovers of chicken, turkey, beef,
Lamb and salmon you dined well.
I can still see you in your bed or on your cushion,
Curled up sleeping, dreaming little yips and twitches,
What were you chasing, it made you so cute.
You would listen when we walked and you would
Give me a look that said it will be alright in the end.
I wanted to save you but I could not.
We took you to the vet and they did their best.
They told us how very sick you were.
We said it was time for you to cross the rainbow bridge.
We were with you till the end, we talked to you and stroked you.
You slipped away and our hearts broke.
Mandy fly free be happy.
Lucy Lynam

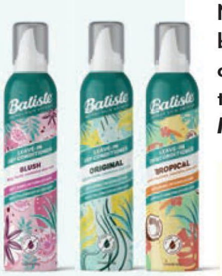
Mary Byrne

There really is something about Mary and about your whole last issue in general - and how great is it to have Irish women on the cover of a major magazine? Anyway it was just terrific and Mary is a breath of fresh air. She says it all like it is and I love that about her. It's hard to believe she started out on The X Factor. I love that she's not defined by whether she's in a relationship or not. She's a strong, feisty and fierce woman and I just think she's awesome.
Jane Kiely, Co Meath

Ospreys

The osprey became extinct in Ireland over 150 years ago and I hear they're now reintroducing the fish-eating predator to our shores. We will be getting 12 chicks in July. The National Parks and Wildlife Service wants this bird of prey to eventually breed in Ireland. I can't tell if it's a good thing or a bad thing, but they sure do look impressive.
Nancy Wagner, Co Dublin

STAR LETTER **PRIZE**



One lucky star letter will receive the three varieties of new Batiste Dry Conditioner: Original – classic fresh scent, Blush – flirty floral scent and Tropical – exotic coconut scent. The inventor of the dry shampoo category, Batiste is shaking up the haircare industry with its game-changing Leave-In Dry Conditioner, a lightweight foam that will take your day-two hair to the new level. Designed to instantly soften and detangle the hair lengths in-between washes, as well as leaving a smooth and glossy shine.
Batiste Leave-In Dry Conditioners retail at €4.99 each and are available from McCabes, Chemist Warehouse, Haven Pharmacy, McCauleys, McCartans and online at daisybelle.ie

LETTER EMAIL DETAILS

For the moment, we are asking you to send us all your letters and pictures to ***womansway@harmonia.ie***. We love to hear from you so please stay in touch.

Email... womansway@harmonia.ie
Online... womansway.ie
Subscribe... 01 240 5363
Facebook... facebook.com/womansway
Twitter... twitter.com/Womans_way

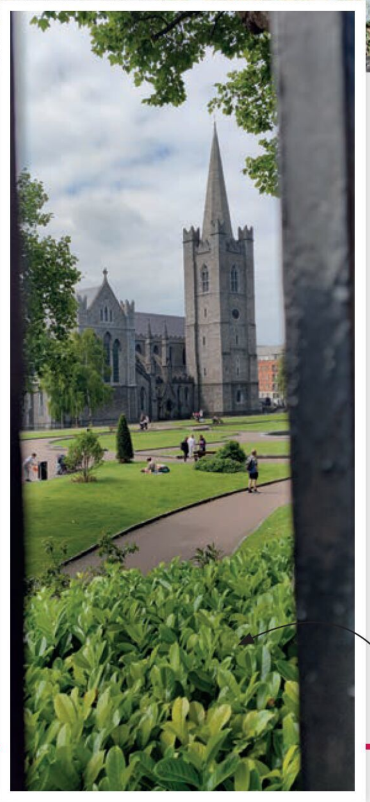
Picture This

Find out what Woman's Way readers have been up to recently...

Furry ball.
From: Dee Claffey, Mullingar

Wesley taking a break from the sunshine.
From: Martina Kelly

Sunbathing on the canal.
From: Eileen Walsh



St Patrick's Cathedral
From: Nuala Keogh, Dublin

Parking on the beach.
From: Fiona Cronin, Co Kerry

Do you have photos you'd like to share? Send them to *womansway@harmonia.ie*

THE 4 Ws

1

WHO... shot John Lennon in December 1980?
WHAT... was the title of the 2005 studio album by the actor Robert Downey Jr?
WHERE... in the North Atlantic are the districts of Cat Island, Exuma and Inagua?
WHEN... did Serena Williams win her first Grand Slam singles tennis title?

2

WHO... released the album entitled *Title* in 2015?
WHAT... was the name of the robot dog in the television series *Doctor Who?*
WHERE... in Asia is Lake Urmia?
WHEN... did Guatemala declare independence from Spain?

1 MARK DAVID CHAPMAN; THE FUTURIST; THE BAHAMAS; US OPEN 1999.
2 MEGHAN TRAINOR; K-9; IRAN; 1821.

WORD WISE

The word may sound familiar, but do you know what it means?

1

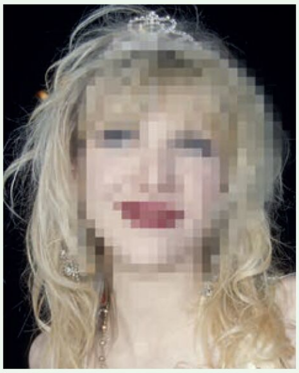
EPIDEICTIC
- **A** Done for show or display
- **B** Affecting a community
- **C** Nail-skin or cuticle

2

FETTLE
- **A** Tuft of hair that grows above a hoof
- **B** Chain or shackle for the feet
- **C** To make ready

ANSWERS: A; C.

CELEB PIXELS

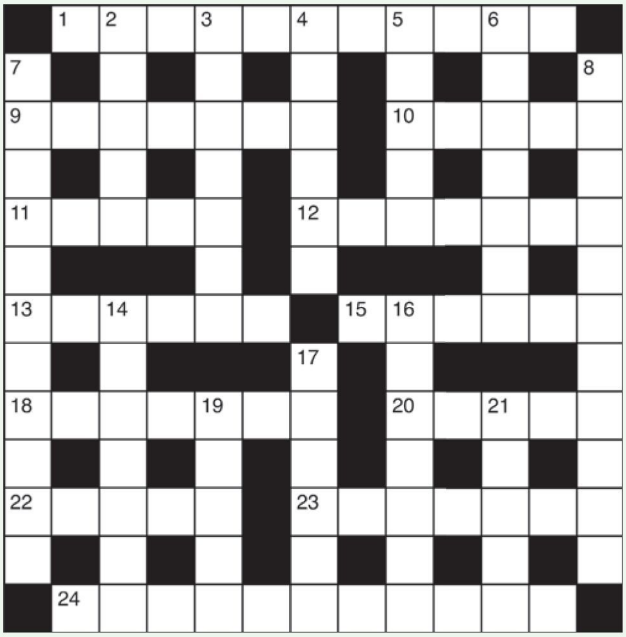


A singer and actress, I was born in San Francisco in 1964. I spent my childhood in hippie communes until I was sent to a juvenile correctional facility for stealing a t-shirt. I have sung with the bands Babes in Toyland and Faith No More, but I am best known as the lead singer of the 1990s indie band Hole and as the wife of the late singer, Kurt Cobain.

A television presenter and broadcaster, I was born in 1979 and grew up in Carlow. I am married to Padraig McLoughlin and we have two daughters, Ellie and Grace. I made my name travelling around the world working on the *RTÉ* television series, *No Frontiers*. I've been presenting *Operation Transformation* since 2011, and run the Pure Results Bootcamp with my sister Linda.

ANSWERS: COURTNEY LOVE; KATHRYN THOMAS.

PRIZE CROSSWORD 13



ACROSS: 1. RECOGNISE (11) 9. JUDAS (7) 10. ROOM (5) 11. CHANGE (5) 12. INTERMINABLE (7) 13. HANDSOME (6) 15. BRIGAND (6) 18. TREATMENT (7) 20. TRACK (5) 22. COGNISANT (5) 23. MOMENT (7) 24. ADVOCATE (11) **DOWN:** 2. GUILE (5) 3. INBORN (7) 4. DETERIORATE (6) 5. RELIEVED (5) 6. ENTERPRISING (2-5) 7. IMMEDIATELY (11) 8. ADAPTABILITY (11) 14. OUTDOOR (4-3) 16. MECHANIC (7) 17. STAINING (6) 19. FORESTALL (5) 21. ACCUMULATE (5)

QUICK CROSSWORD SOLUTION ISSUE 12

ACROSS: 1 SPITEFUL; 5 STEM; 9 JUMP; 10 SCAFFOLD; 11 HAVOC; 12 NOISOME; 13 RECEPTIVENESS; 18 PROCLAIM; 19 NECK; 20 OUTWORN; 21 STAID; 22 FLEE; 23 FLIPPANT. **DOWN:** 2 PLUMAGE; 3 TOP-HOLE; 4 UNCONDITIONAL; 6 TWOSOME; 7 MADNESS; 8 OFFICE; 13 REPROOF; 14 CHORTLE; 15 PALLOR; 16 NON-STOP; 17 SECTION.

ENTER TO WIN

QUINN HAIR & BEAUTY

WORTH €70

QUIN
BODY
LIGHT
Silcare
QUIN
glow

One lucky reader will receive a Pink Princess 10-piece professional makeup set complete with QUIN Body Shine Makeup, BB Makeup Cream 200ml and QUIN Glow Oil for the ultimate summer glow package.
Visit quinnhairbeauty.com

HOW TO ENTER

Please send a picture of your completed crossword grid to womansway@harmonia.ie

No postal entries please. The closing date for entries is July 3, 2023

This Woman's Way competition is open to anyone resident in NI and the Republic of Ireland, aged 18 and over, except employees and their families of Harmonia Publishing, its printers and anyone else connected with the competition. No purchase is necessary. We will only accept one competition entry per reader. Prizes are awarded by drawing entries after the closing date. Winners will be notified by email. The editor's decision is final.

THE BIG QUIZ

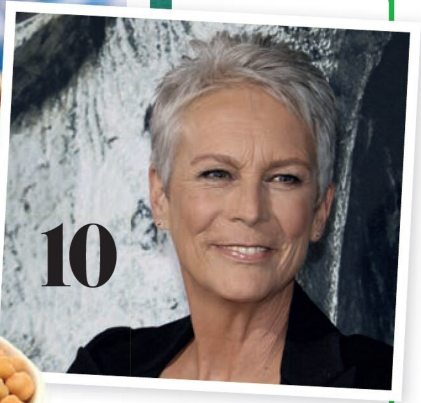
1

5

6

3

7


10

9

1>> In which country would a 'thumbs up' be considered a rude gesture?
A. Turkey
B. Serbia
C. Zimbabwe
D. Iran

2>> Ireland's oldest woman Máirín Hughes says the secret to old age is to live life to the fullest. What birthday did she just celebrate?
A. 99th
B. 105th
C. 109th
D. 112th

3>> The Spanish Steps are in which city?
A. Rome
B. Barcelona
C. Vienna
D. Madrid

4>> Bellingham Castle is in which county?
A. Leitrim
B. Cavan
C. Louth
D. Monaghan

5>> If you were cruising in Halong Bay, what country would you be in?
A. Thailand
B. Vietnam
C. Malaysia
D. Indonesia

6>> Angelina Jolie is to launching a fashion collective this autumn. What is it called?
A. Atelier Jolie
B. Angelina's Workshop
C. Design Your Own
D. Jolie Boutique

7>> Which Cypriot cheese is usually grilled or fried?
A. Manchego
B. Feta
C. Halloumi
D. Anari

8>> HMV is to make a comeback with a new 6,000 sqft shop in Dublin. How many years ago did it leave Ireland?
A. 2
B. 4
C. 5
D. 7

9>> Hummus means chickpea in which language?
A. Turkish
B. Greek
C. Arabic
D. Spanish

10>> What did Jamie Lee Curtis post on *Instagram* that mistakenly led people to believe Ryan Tubridy had passed away?
A. You will be missed! Thank you for the light you brought to so many.
B. Slán my friend. I bid you farewell.
C. You will never be forgotten. Keep it lit!
D. This is not a goodbye.

11>> Dublin writer Bram Stoker most famously wrote which novel?
A. The Great Gatsby
B. Animal Farm
C. Moby Dick
D. Dracula

12>> What does the genetic disorder haemochromatosis cause?
A. A quickened heartbeat
B. The absorption of too much iron from the diet
C. Easy bruising
D. Inability to stop bleeding

13>> In which country would you find khachapuri on the menu?
A. Egypt
B. Georgia
C. Uzbekistan
D. Cyprus

14>> Where is the townland with the longest name in Ireland - Muckanaghederdauhaulia - found?
A. Limerick
B. Cork
C. Kerry
D. Galway

ANSWERS: 1 D; 2 C; 3 A; 4 C; 5 B; 6 A; 7 C; 8 D; 9 C; 10 A; 11 D ; 12 B; 13 B; 14 D.

BBQ FEASTS

Fire up the grill, because BBQ season is upon us.

Christian Stevenson AKA DJ BBQ

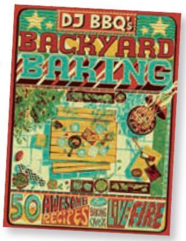
Few things are more satisfying than cooking up a storm on the BBQ.

Whether you're catering for a crowd or firing up for a quick midweek dinner, as the weather starts to warm up, so do our grills.

BBQing used to have a somewhat basic reputation for chucking unseasoned steaks on the grill and calling it a day. However, there are worlds of possibilities when it comes to cooking over fire. For example, did you know you could even whip up a batch of chocolate chip cookies outside?

New BBQ cookbooks released in preparation for summer take us all over the world with their recipes, and could even convince you to build your own grill from scratch…

1 DJ BBQ's Backyard Baking: 50 Awesome Recipes For Baking Over Live Fire



by David Wright, Chris Taylor and Christian Stevenson. Photography by David Loftus. Available now.

Think BBQs are just for hunks of meat? Think again.

DJ BBQ's Backyard Baking proves baking doesn't have to be an indoor, rainy day pursuit – and can be just as delicious and as much fun over the open fire outside.

This book is a collaboration from three foodies – Christian Stevenson (better known as DJ BBQ), his regular co-author Chris Taylor and baker David Wright.

The trio argue both cooking over fire and baking are often seen as overly-complicated pursuits that are easy to get wrong – but in this book, they set out to prove this misconception wrong.

It starts with the basics – the equipment and set-ups you'll need, with a baking focus – and then launches into a host of technicolour recipes.

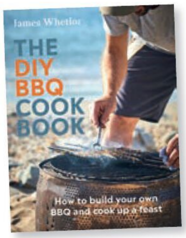
Dishes range from simple crowdpleasers, such as campfire bread and chocolate chip cookies (which yes, you can bake on a BBQ, you'll discover) to the more adventurous, including lamb kofta sausage rolls and a full Moroccan-inspired chicken dinner.

There's even a recipe for charcoal ice cream – which isn't black like you might see on *Instagram*, but is full of those beautiful, smokey flavours.

With DJ BBQ's signature brand of wit and irreverence, this book will open up the worlds of possibilities within outdoor cooking.

> ***"There's even a recipe for charcoal ice cream which is full of those beautiful, smokey flavours."***

2 The DIY BBQ Cookbook: How To Build Your Own BBQ And Cook Up A Feast



by James Whetlor. Photography by Sam Folan. Available now.

This is one for the DIY enthusiasts and anyone who really wants to get their hands dirty when BBQing, from start to finish.

While it's all very well and good to use a regular, shop-bought BBQ, food writer James Whetlor is a huge proponent for making your own.

Why? Because shop-bought versions are often expensive, and near-impossible to cart with you on a jaunt to the beach or a day in the park.

But Whetlor predominantly highlights how fun it is to make your own BBQ. You don't have to be a DIY wizard or a building maestro to do so, some of the simplest set-ups will be hugely effective.

James Whetlor

Tim Hayward

By Prudence Wade, PA

You'll need a few basic bits of kit for a DIY BBQ. Including breeze blocks, pots, planks and chains, all of which Whetlor says are available at your local DIY store. He also urges safety; wearing work gloves and goggles when building.

Whetlor gives a comprehensive guide to building your own BBQ, covering all the different options, from small versions to one that can smoke a whole pig – and there's even an ingenious step-by-step guide for building your own tandoor oven out of a flowerpot.

If you're tentative about building your own BBQ, Whetlor's guide is so comprehensive, he'll put any nerves at rest, and then he follows up with the best bit: what to cook on your new creation.

Dishes range from vibrant veggie options – mushroom tacos and miso-marinated aubergine steaks – to meaty dishes (coconut hot wings, tandoori quail, spicy pork ribs and more).

3 Big Green Egg Feasts: Innovative Recipes To Cook For Friends And Family

by Tim Hayward. Photography by Sam Folan. Available now.

Tim Hayward
Big Green Egg
FEASTS
Innovative Recipes to Cook for Friends and Family

This book is predominantly geared towards people with Green Eggs. These are a specific type of ceramic BBQ, but don't be put off, because the recipes will suit anyone with any type of BBQ.

The beauty of a Green Egg is it covers so many different types of cooking. You can slow-roast, wok-fry and cook pizzas on there, but you'll just as easily be able to do that without one, be it on the stove or in your oven, if it's not a recipe that specifically calls for BBQing.

If you've got a Green Egg, food writer Tim Hayward will take you through the best ways to use it, making sure you get the most out of this (admittedly expensive) piece of kit.

But the real strength of this cookbook lies in the sheer range of recipes included from all over the world. You'll get step-by-step guides on how to make lobster rolls from the US, Indian chicken curry, a whole rack of spiced lamb from the Maghreb region in north-west Africa and Mexican taco recipes to feed a crowd.

Dishes are vibrant, colourful and will be everything you want to make this summer – with or without a BBQ.

Continued overleaf >>

JAMES WHETLOR'S COCONUT CHICKEN WINGS

Serves 4

This mouth-watering recipe is suitable for all BBQs and the tandoor.

"Chicken wings are a BBQ standard but, for me, I often find they are too sticky and dripping in too much sweet sauce. These are a bit of an antidote," says James Whetlor.

Ingredients:

100ml coconut milk
2-4 fresh bird's eye chillies (or another fresh chilli as you prefer)
6 garlic cloves, peeled
2tsp light brown sugar
2tsp smoked paprika
3tbsp olive oil
2 limes, 1 juiced and 1 cut into wedges
1kg chicken wings
Sea salt
Freshly ground black pepper

Method:

1 In a blender, whizz the coconut milk, chilli, garlic, sugar, paprika, olive oil and lime juice to a smooth sauce, adding a generous amount of salt and black pepper to taste.
2 Pat the chicken dry with paper towel and arrange in a bowl. Season lightly with salt and coat in half the marinade, then cover and refrigerate for at least two hours, preferably overnight if possible.
3 When ready to cook, preheat the BBQ to a medium heat.
4 Lay the chicken pieces on the grill over the heat in a single layer and bake for about 30 minutes or until the skin has turned crispy and the meat is cooked through. While cooking, baste the chicken with the reserved marinade two or three times.
5 Serve with lime wedges on the side.

DJ BBQ'S CHOCOLATE CHIP COOKIES

Makes 8-10

This recipe is so simple, it's described as being 'goofproof'.

DJ BBQ, otherwise known as Christian Stevenson, says his love of chocolate chip cookies came from spending time with his grandmother by the beach every summer growing up in America.

"Grandma Della would bake these fresh every week and serve 'em still warm with a cold glass of milk. Simple pleasures that I still enjoy to this day," he says.

This is his grandmother's recipe, and what DJ BBQ refers to as "goofproof".

"Underdone, overdone, perfectly cooked, they are super-good," he adds.

On the BBQ, he recommends using the target technique – where the coals are piled up in the middle – and using a plancha on top.

Ingredients:

115g softened butter
115g granulated sugar
50g soft light brown sugar
1 egg
1tsp vanilla extract
120g plain flour, sifted
¼tsp salt
½tsp bicarbonate of soda
100g chocolate chips

Method:

1 The most important instruction for this recipe is: do not eat all the cookie dough before cooking them.
2 Try to make sure all the ingredients are roughly the same temperature, as this will give you a smoother mix. Cream together the butter and sugars until light, pale and fluffy. Then mix in the egg and vanilla, followed by the dry ingredients. Lastly, stir through the chocolate chips. Now refrigerate the cookie dough in the

bowl overnight. That's right, you just made cookie dough and now you have to wait until TOMORROW before you can eat the cookies. I can only apologise. Forgive me. Tomorrow you'll love me.

3 The next day, get your outdoor cooker going.

4 Roll the cookie dough into balls around 75-100g, depending on how big you like your sweet chocolate-studded frisbees. Cut some circles out of baking parchment – double the number of dough balls you have – ensuring they're slightly bigger than the final size you want your cookies to be. Evenly squish each dough ball between two discs of baking parchment to create a cookie shape.

5 Place the paper-covered cookies directly on the plancha. Cook for five to 10 minutes on each side, flipping with a fish slice. If you like a chewier or crispier cookie, then cook for the shorter time, for crispy cookies cook for longer.

6 Let them cool slightly before peeling off the paper and serving with an ice-cold glass of milk and an episode of *Justice League* (other cartoons are available, but they're not as cool).

TIM HAYWARD'S GRILLED ARTICHOKES WITH HOLLANDAISE

Serves 4-8

Bring some Mediterranean sunshine to your plate with this moreish side dish.

"Grilled artichokes with hollandaise are one of my all-time favourite summer foods," says Tim Hayward. "Grown up and sophisticated with an elegant hollandaise sauce, they are also romantic when shared and, for some reason, incredibly popular with small kids."

You can make the hollandaise on the Green Egg, if you have one – if you don't, Hayward recommends making ahead and storing in a flask.

Ingredients:

4 large globe artichokes
1 lemon, cut into 4 wedges
4 garlic cloves, left whole, but given a whack to slightly crush
1 large egg yolk
Juice of 1 lemon
200g/generous 3/4 cup unsalted butter, melted
Olive oil, for brushing
Salt
Freshly ground black pepper

Method:

1 Wrap the artichokes individually in a double layer of foil, each with two tablespoons of water, a lemon wedge, a garlic clove and a big pinch of salt. Using the indirect set-up, burp and open your preheated Egg, place the wrapped artichokes on the stainless steel grid and leave them to steam for about 45-60 minutes with the dome closed until tender.

2 Meanwhile, for the hollandaise, put the egg yolk and four teaspoons of lemon juice into a heatproof bowl with one teaspoon of water and whisk together for two to three minutes until thick. Very gradually, whisk in the melted butter (leaving the white milky solids behind) in a thin stream until thick and creamy. Season with salt, pepper and more lemon juice to taste. Keep the hollandaise sauce warm over a pan of boiling water off the heat, stirring occasionally.

3 Burp the Egg and remove the convEggtor. Unwrap and halve the artichokes, top to bottom/vertically, then paint the cut side with olive oil. Using the direct set-up, grill cut-side down on the bars in the Egg until golden brown. Sprinkle with salt to taste just before serving. *WW*

VIBRANT VEGGIES

Indian-British chef Ravinder Bhogal talks about her childhood in Kenya, economical cooking and the comforting power of veg.

With food prices hiking, many of us are looking to cut the price of our weekly shops – while still eating delicious food. And the answer, Ravinder Bhogal believes, lies in vegetables.

"Vegetables are the ultimate economical thing to cook," says the chef and restaurateur, who was discovered by Gordon Ramsay after she applied for his competition to find 'Britain's new Fanny Cradock' on *The F Word*.

"Meat has become so expensive. If you lavish the same kind of care and attention on vegetables as you do a steak or joint of meat, they are going to sing with flavour."

She continues: "Why can't you take the time to marinate vegetables, inject them with flavour, baste them, add texture to them or play with their textures?"

Bhogal, who was born in Kenya to Indian parents and moved to England at the age of seven, says root vegetables are our real saviour when it comes to budget cooking in Britain.

"Anything that's grown in this country, swedes, celeriac... And if you buy in season, it's naturally going to be a bit cheaper."

The 44-year-old, who owns London restaurant Jikoni (the Swahili word for kitchen) is vegetarian "80 per cent of the time, then I might have a Sunday roast or something," has released her third cookbook, *Comfort & Joy: Irresistible Pleasures From A Vegetarian Kitchen.*

"There are so many things that you can do with vegetables where you're just not going to miss the meat. What isn't there to love about the lightness and brightness of vegetables?"

And there's a real misconception that vegetables can't be comforting, she says: "For me, comfort is about food that nourishes you, that makes you feel well, that makes you feel alive, that makes you feel revived."

It was Bhogal's early years in a multigenerational household in Nairobi ("My grandparents, my uncle and aunt, their children, my mother's brood of five, whoever happened to be visiting - there was a parrot, a dog, kittens, chickens, goats, it was a really chaotic household") that would pave the way for how she approached food later as a chef.

Her grandfather dutifully tended to his *shamba*, or allotment, and had a deep respect and connection to the verdant soil where many vegetables grew. "When he came from India to Kenya, he completely fell in love with this beautiful, red, volcanic soil that just seemed to give and give and give," says Bhogal. "And he never stops being grateful for that. He'd come from a place where there was so little, and then suddenly, there was this soil that just blessed him and his family with all these beautiful things to eat."

Everything the household ate was either grown by him or came from the 'mama mbogas' – local women with smallholdings who peddled "their freshest hand-grown vegetables" from door to door, she says.

The chef in the house was her mother though, who was an "exceptionally talented" cook. "There were so many mouths to feed, so you can imagine the level of organisation that it took. She was the commander-in-chief and we were all her assistants, whether you liked it or not."

As a result, Bhogal learned to cook from her mother's direction, although she wasn't always happy about it.

"Initially, I really resented it because growing up in quite a patriarchal household, the boys would be outside playing, and the girls would be in the kitchen. And that really sucked to me.

"Anything I tried to attempt to cook, [my grandfather] would always tell me how delicious it was and praise me, and I think I made that connection between food and love and winning people over with food."

And the influence of her time in Kenya can be seen in the latest book; think pili pili cassava (one of the go-to carbs in many African nations) or Kenyan maru potato bhajias with tamarind and tomato chutney (potato coated in spiced chickpea flour and fried).

Swapping Kenya for England as a child left a mark on Bhogal. "Kenya is like a state of mind, it's such a

By Lauren Taylor, Lifestyle Editor, PA

> ***"I grew up in a flat above a shop and going from huge trees and sky that was ever blue to this very dark, dank place... "***

bewitching country, it never really leaves you, it clings to you," she says. "When you grow up with such colour and such a colossal sky... I was outdoors a lot, playing with all the animals with this really beautiful, very lush, sunny backdrop. When you are plucked from that at age seven and turn up in a very grey dark England, you try and hold onto that and keep connected to it."

South East London was "very different and sort of haggard in comparison to Kenya," she says. "Everything was very small suddenly. I grew up in a flat above a shop, and going from huge trees and sky that was ever-blue to turning up to this very dark, dank place... The adjustment was very, very difficult."

But it's all culminated in her cookery style now. "I consider myself a hybrid, I'm Indian, there's Persian ancestry too, I'm British, I grew up in London, I'm also the product of all kinds of the diverse immigrant communities that helped bring me up."

So you'll find Persian-inspired fermented rice, lentil, beetroot and coconut *handvo* (a savoury cake) in her new book, alongside Mumbai street food like peanut and golden raisin poha, and English grilled peaches with silken tofu, Thai basil and lime leaf gremolata.

The recipe for pea kofta scotch eggs with saffron yoghurt is a vibrant amalgamation; honouring memories of her father bringing home a sack of locally-grown peas from Nairobi's bustling city market and shelling them in the kitchen with her mother – it is a hybrid of her mother's Indian recipe and her British identity.

Plus, some that have been tried and tested by her discerning restaurant diners, like mango and golden coin [curry with dumplings] – where the mangos are served whole, stone and all. "I remember telling my husband I was going to put this mango curry on the menu and he was like, 'You're insane, how are people going to eat a whole mango?' And it's gone on to be one of the most popular things.

"I think the whole joy of a mango is the generosity of serving it whole, there's something about a whole mango that's so rapturous," Boghal says. "When it comes to the table people often go, 'Is it chicken breasts?' Nothing gives me more joy than to see people using pooris to scrape off the flesh from the mango and pick up the stone and gnaw on it.

"I think if you don't have a problem picking up a lamb bone and gnawing it, why not a mango stone?"

WHIPPED FETA WITH CONFIT TOMATOES

Serves 4

A starter or lunch perfect for warmer weather.

"Cold, salty feta topped with tomatoes warmed in olive oil that has been studded with aromatics

Continued overleaf >>

until they are bursting, gooey and have a heightened sweetness are the perfect topping for hunks of grilled bread," says Ravinder of this dish.

"These tomatoes are also pretty perfect tossed together with pasta or gnocchi, which I just throw straight into the roasting tin before tossing and eating."

Ingredients:

400g mixed cherry tomatoes
5 garlic cloves, peeled and bruised
3 thin strips of lemon peel
½ tsp caster sugar
1 tsp coriander seeds
¼ tsp dried chilli flakes
4 sprigs of oregano
60ml extra virgin olive oil
Sea salt and black pepper

For the whipped feta:

200g good-quality feta cheese
Juice of ½ lemon
100g thick Greek yoghurt

Method:

1. Preheat the oven to 180°C/Fan 160°C/Gas Mark 4.
2. Cut some of the larger tomatoes in half and leave some whole and place in a roasting tin along with the garlic and lemon peel. Season with salt and pepper and sprinkle over the caster sugar, coriander seeds, chilli flakes and oregano, then drizzle over the olive oil.
3. Bake for 40 minutes until the tomatoes are bursting and fragrant. Cool down slightly, then discard the garlic and lemon peel.
4. In the meantime, put the feta cheese into a food processor along with the lemon juice and whizz until smooth and creamy. Transfer to a bowl and stir in the yoghurt.
5. Put the whipped feta in a serving bowl and top with the warm tomatoes. Serve with slices of toasted sourdough bread.

BROCCOLI, KALE AND SPINACH KATAIFI PIE

A comforting pie full of veggie goodness.

"This pie is based on that comforting Greek favourite – spanakopita – although it is far more forgiving to make," says Ravinder.

"There is no buttering and layering of delicate filo pastry: instead, the iron-rich mixture of greens and cheese is blanketed under a nest of buttered kataifi pastry, a shredded filo dough that crisps up beautifully when baked or fried.

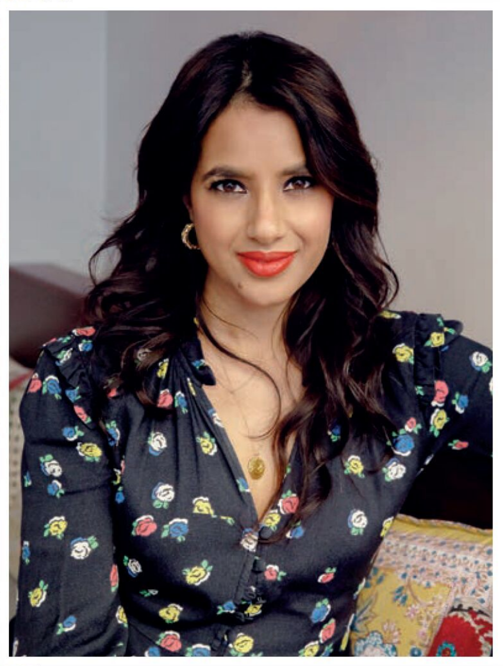
"You'll find kataifi pastry in the fridge or freezer section of Middle Eastern grocers."

Ingredients:

2tbsp olive oil
1 onion, thinly sliced
3 garlic cloves, very finely crushed
200g kale, tough ribs removed and leaves roughly chopped
200g spinach
250g broccoli, boiled till tender and roughly chopped
4 eggs
60g pine nuts
60g currants, golden raisins or barberries
250g feta cheese
250g ricotta
Zest of 2 lemons and juice of 1
Handful of dill, roughly chopped
Handful of flat-leaf parsley, roughly chopped
A good grating of nutmeg
150g sour cream
250g kataifi pastry
60g butter, melted
White sesame seeds, for sprinkling
Sea salt and black pepper

Method:

1. Preheat the oven to 180°C/Fan 160°C/Gas Mark 4.
2. Heat the olive oil in a large pan over low-medium heat, add the onion and sauté for 10 minutes till sweet and caramelised. Add the garlic and fry again 'til fragrant, then add the kale and soften before adding the spinach. Once the greens are wilted, take off the heat and cool.
3. Transfer to a large bowl along with the broccoli and add the eggs, pine nuts, currants, feta, ricotta, lemon zest and juice, herbs, nutmeg and sour cream, and season with salt and pepper. Mix thoroughly.
4. Pull apart the strands of kataifi pastry to loosen and fluff them up. Stir the butter through the kataifi, coating it well.
5. Pour the spinach and ricotta filling into a deep pie dish – I use a 34cm baking dish. Gently pile the kataifi over the pie filling, sprinkle over the



sesame seeds and bake for 35-40 minutes, or until the filling is hot and set and the kataifi pastry is golden brown. Serve with a light salad.

STRAWBERRY FALOODA MILK CAKE RECIPE

A new way to eat your summer strawberries.

"British colonial rule may have divided up India, Pakistan and Bangladesh, but we are all united in our love of falooda – a rose-tinted milkshake textured with bubbly basil seeds and noodles," says Ravinder.

Faloodas come in many flavours, but her favourite is "the original and the best – rooh afza, make a thick concentrated floral syrup that turns milk Barbie pink." The syrup can be easily found in Indian and Pakistani supermarkets.

"Here, inspired by my friend Ravneet Gill's excellent Rasmalai Cake, I have used rooh afza-flavoured milk to make a sort of tres leches cake. If you can't find basil seeds, use chia seeds, which have a similar tapioca-like texture when hydrated."

Ingredients:

225g plain flour
1tsp baking powder
½tsp salt
5 eggs
175g caster sugar
1tsp rosewater
115g unsalted butter, melted, plus extra for greasing

For the falooda milk:

50ml rooh afza
200g condensed milk
250ml whole milk
300ml double cream

For the topping:

300g strawberries, sliced
2tbsp basil seeds
1tbsp rosewater
1tsp caster sugar
300ml double cream
Dried rose petals, for sprinkling
Crushed pistachios, for sprinkling

Method:

1 Preheat the oven to 180°C/Fan 160°C/Gas Mark 4 and lightly grease a three-litre (33 × 23cm) baking dish with butter.

2 In a jug or bowl, whisk together all the ingredients for the falooda milk and leave in the fridge to chill till required.

3 Sift the flour, baking powder and salt into a bowl. Put the eggs and sugar in the bowl of a stand mixer fitted with the whisk attachment and whisk on high speed for about seven minutes until thick and pale (or whisk in a bowl with a hand-held electric whisk). Fold in the flour mixture and rosewater, then fold in the melted butter. Spoon into the baking dish, smooth the top and bake for 30-35 minutes until golden brown, and a skewer inserted into the cake comes out clean.

4 When you remove the cake from the oven, prick it all over with a skewer and keep warm. Pour over the falooda milk and leave to cool to room temperature. Cover and refrigerate overnight.

5 To serve, mix together the strawberries, basil seeds, rosewater and sugar and set aside. Before serving, gently whisk the double cream in a bowl until it has a soft, rumpled bedsheet texture. Spread the cream over the surface of the cake and then spoon the strawberries over the cake. Top with rose petals and crushed pistachios. *WW*

RAVINDER BHOGAL
IRRESISTIBLE PLEASURES FROM A VEGETARIAN KITCHEN
COMFORT & JOY

Comfort & Joy: Irresistible Pleasures From A Vegetarian Kitchen by Ravinder Bhogal is published by Bloomsbury, priced €32.50 Photography by Kristin Perers. Available now.

Make *Space*

Mirrors, creating zones and carefully-chosen furniture can all help make a small garden feel bigger.

Those of us with urban gardens are used to small spaces, but how can we make our outdoor areas seem bigger?

If you want a sense of space, you may have to clear out your clutter, use vertical planting and be more mindful of the furniture you choose, say experts. Here are some tips…

1 Keep it simple

"To create the illusion of space in a small garden, it's important to see your garden through a minimalist lens," advises Furniturebox product developer, Laura Rich.

"Often we want to pack lots of features into our gardens, be that large shrubs and bushes or bulky pergola structures, but this will overcrowd a small garden. Keep it simple by incorporating a few purposeful elements and following a zoning plan," she adds.

"Divide your small garden into two sections: a paved or gravelled patio and a lush green lawn framed by elevated planters."

2 Use vertical planting

"Further separate these areas by placing a divider between them to gradually reveal the garden and conceal its true size. Vertical planting is a great technique for this," Rich suggests. "Fast-growing climbers or potted plants can be added to sturdy wooden divider frames to naturally obscure the lawn from the patio."

Leigh Barnes of Jacksons Fencing adds: "When evaluating your outdoor space, whether it's a garden or balcony, any vertical space is often disregarded. The façade of your home, garden walls, garages, balconies and fence panels can all be used to curate and extend exterior spaces.

Laura Rich

"Living garden walls are a great way to fill bare, unused areas. This contemporary and vertical look helps create a greater sense of space and adds an element of 'wow' factor to a garden or balcony."

3 Make way for climbers

Barnes says: "Consider investing in climbing plants. Supporting these plants with trellis, a wooden pallet or fence panels will do wonders for their growth and development.

"Choosing a semi-solid fence panel will encourage plants to grow up in between the pales. Trellis or Venetian fence panels work particularly well since the spaces

allow vines to gradually intertwine and climb up between the slats to form a green screen."

Ellen Mary

4 Add mirrors

Use accessories such as mirrors on your vertical space on your balcony to make it seem bigger through reflection, suggests gardening author and podcaster Ellen Mary, founder of People Plants Wellbeing and co-host of *The Plant Based Podcast*.

Create clear definitions of grass and patio

5 Choose garden furniture carefully

"People often worry about garden furniture looking bulky or taking up too much space in a small garden, but clever outdoor furniture arrangements can actually make your garden space feel larger and provide multipurpose outdoor hosting opportunities," says Rich.

"Compact rattan furniture is my go-to for a light and breezy sense of summer. Specifically, open-weaved tub chairs paired with a small, round bistro vibe table. These types of furniture are stylish and functional, fitting neatly on a patio without overcrowding your outdoor space," Rich adds.

"A rattan egg chair placed on the lawn, ideally under a suntrap, is an effective individual alternative for a bulky pergola. The cocoon structure surrounds the chair, making for a cosy reading nook to be placed on the lawn throughout summer."

Use mirrors to create an illusion of space

Fit furniture to the space

> ***"Dividing a garden into sections and cosy hideaways will make a small space feel bigger"***

6 Change levels

"Adding levels can help to give the impression of more space," Barnes advises. He says installing a raised decking area not only provides a usable surface for entertaining year-round, but it also allows for useful garden storage to be built in.

"Dividing a garden into sections and creating hidden areas or cosy hideaways will also make a limited area feel bigger. Decorate each segment with varied plants and garden furniture to differentiate each area."

7 Look at the lines

The lines within your garden can impact the illusion of space, Barnes observes. Paying attention to the direction of the paving slabs or decking and the lines within the fence panel or the decking can impact the size.

"Installing these in a certain direction or shape can trick the eye by drawing it along the length of the garden no matter how short, giving the illusion of a larger garden."

8 Make it lighter

Opting for plants, shrubs, flowers and garden furniture that are brightly coloured will ensure the garden appears lighter and bigger.

"Natural light will ensure the garden feels more spacious and open. Paint the garden walls white or cream to reflect light in all directions and immediately brighten up the space," says Barnes.

Try to let in as much sunlight as you can, he adds. If the space is edged by trees, try pruning and thinning them (safely, of course) to let more light in. Or use fencing that allows sunlight in, such as Venetian fencing, as its horizontal pales let sunlight and air through, creating a modern aesthetic. *WW*

By Hannah Stephenson, PA

Lavender

HEAVEN SCENT

The best scented plants to enhance your balmy summer evenings.

A *Nicotiana* 'Lime Green' flower

Now that many of us have given our barbecues an airing and are enjoying the longer evenings, it's wonderful to take in the variety of scents that pervade in the garden when the sun goes down.

Many plants actually increase their perfume production at night to attract moths to pollinate them.

Choose your plants carefully, and you can have a wonderfully-scented garden for much of the summer.

There are many shrubs – mock orange (*Philadelphus*), shrub roses and lavender – which are all easy to obtain, along with fragrant annuals, which make great additions to patio pots and raised beds.

Even if you only grow some traditional sweet peas to cut and place in a vase on your outside table, guests will be able to enjoy a whiff of their heady scent.

Here are some of the best fragrant plants for enjoying as the sun sets…

1 Night-scented stocks *(Matthiola)*
These pretty, old-fashioned annuals reach their fragrant peak at twilight, where they become moth magnets. Reaching up to 60cm in height, they produce small, four-petalled flowers in shades of white, lilac or pink and are ideal at the front of an informal scheme or added to container displays. They like full sun in a sheltered position and moist, well-drained soil.

2 Evening primrose *(Oenothera)*
If you're a wildflower fan, these fragrant, bowl-shaped, yellow flowering beauties are excellent for pollinators, and also produce their optimum scent in the evening.

Pots of oriental lilies

Philadelphus

Depending on the variety you choose, they can grow to up to 1m, ideal for the middle of a border, or to just 30cm, better for a container. Grow them in full sun or semi-shade. They don't require much attention apart from watering during prolonged dry periods, and should flower from June to September

> ***"It's best to plant fragrant climbers in a sheltered spot or on a partially-enclosed patio"***

3 Mock orange *(Philadelphus)*

This is among the most fragrant of flowering shrubs, ideally given plenty of space to spread out, where its white blooms can emit their delicious scent reminiscent of orange blossom – which will pervade the whole garden on balmy summer evenings.

Single-flowered varieties are great for bees and butterflies and you can get types that are suitable for large containers, such as 'Manteau d'Hermine', ideally placed near a window or door on the patio. They are easy to grow, withstanding poor soil and wind, but generally not shade.

'Stargazer' lilies

4 Tobacco plant *(Nicotiana)*

Hanging their flowers sleepily during the day, especially in really bright sunlight, the old-fashioned varieties of these annuals come to life in the evening when their blooms open to emit a sweet scent – so make sure you place them in containers near where you are sitting.

Some, such as *Nicotiana langsdorffii*, will grow to 1.5m, so may be better in the border or secured to a garden trellis, while others, such as the beautiful 'Lime Green', grow to around 60cm and are ideal for a pot. If you want flowers that open up during the day, go for the newer strains, but the old-fashioned ones will give you more perfume.

5 Lilies

These are guaranteed to give you fragrance from mid-summer onwards, whether you want a dazzling splash of colour on your patio with showstopping varieties like the pink oriental 'Stargazer', which likes full sun and will need staking. Or more subtle hues that pack a fragrant punch, such as *Lilium longiflorum*, with its long, white, trumper-shaped flowers.

This one is best grown in large pots (it grows to 1m) as it is not totally hardy. Or try *Lilium regale*, a trumpet lily growing to 1m, which lights up a summer border. *WW*

By Hannah Stephenson, PA

Where to place them

Perfume is most apparent in calm conditions, as wind will carry the scent away in the air, so it's best to plant fragrant climbers in a sheltered spot or on a partially-enclosed patio.

Consider combinations

If you want fragrant perennials in your borders, go for combinations of those with scented flowers and those with fragrant foliage to complement each other.

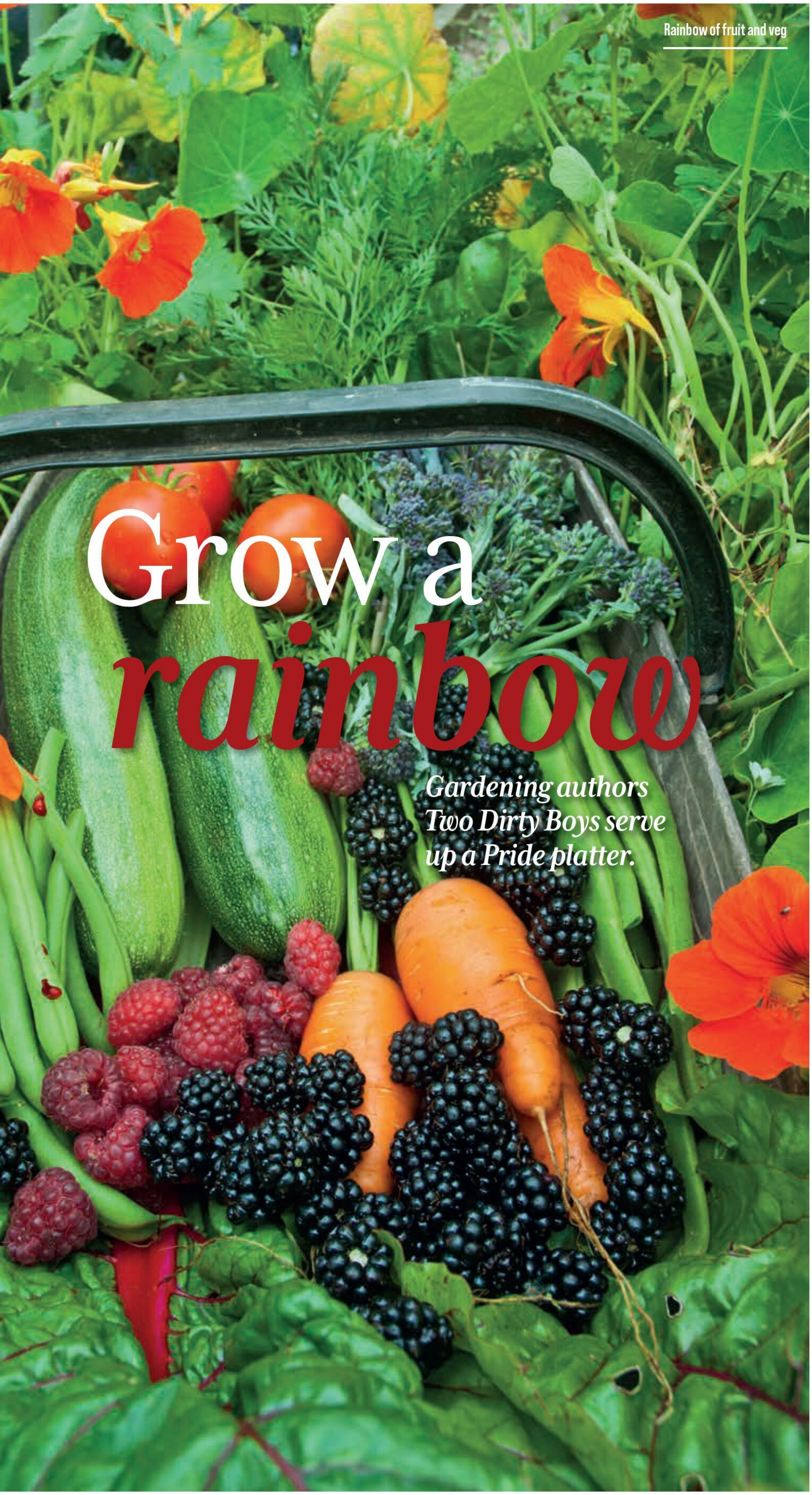
Some scented plants are not spectacular but will bring out the best in a border when planted with colourful non-perfumed plants. Try growing lemon-scented verbena and pineapple sage (*Salvia elegans*, whose foliage releases a pineapple-like scent when you brush past it) in the border amid unscented blooms, and you will have the best of both worlds.

Locate leafy scents

Plants with scented foliage include scented leaved pelargoniums, *Achillea filipendulina*, catmint (*Nepeta*), *Monarda didyma* and the lemon balm *Melissa officinalis 'All Gold'*, while those with perfumed flowers include *Iris unguicularis*, *Phlox paniculata*, *Hosta 'Honeybells'* and many varieties of dianthus.

Of course, plants with heavier scents may dominate, so keep richly fragrant roses, lilies, lavender and other strongly aromatic plants separate from those with more subtle perfumes.

Night-scented stocks


Rainbow of fruit and veg

Grow a *rainbow*

Gardening authors Two Dirty Boys serve up a Pride platter.

Purple violas

Growing a rainbow of fruits and vegetables in your garden or allotment is a great way to add a burst of colour to celebrate Pride month.

To mark the occasion, Robin Daly and Paul Anderton, friends with an allotment in East London and authors of gardening books *Propagate* and *Regrown*, reckon it's possible to make your fruit and veg platters a rainbow of colour, using plants for their dazzling shades as well as their flavour.

Known as *Two Dirty Boys* on social media, they say: "The natural compounds that colour food are some of the most important nutrients in keeping us healthy, ensuring that your harvest is both delicious and nutritious.

"With a little forward planning and some clever choices, you can create a vibrant patch that is as beautiful as it is bountiful."

Here, they serve up some suggestions to achieving a Pride rainbow of colour when you grow your own.

RED

"Beets, radishes and tomatoes will rouge your border nicely," say Daly and Anderton. "Beet leaves will add some red to the garden as the crop matures (and can be harvested as salad leaves), and beets don't just come in red, but also deep purples, oranges and yellows.

"They are packed with superfood nutrients, such as vitamin C, potassium and fibre. More visually (as beets grow mostly underground) radishes are bright red and really couldn't be easier to grow - great if you're getting kids interested in growing.

"Lastly, tomatoes are your red veg A-game. Cherry tomatoes are easiest and, provided you get them growing early, they'll mature perfectly happily outside, no greenhouse needed."

Beetroot

Blueberries

Paul Anderton (left) and Robin Daly

Swiss chard

Orange pumpkins

Yellow corn on the cob

> ***"To supplement your fruit and veg, we would suggest edible flowers. They help create a riot of colour"***

ORANGE

"Our pride and joy is our miniature peach tree, which gives us around 15 beautifully sweet red/orange peaches each August. Because they ripen on the tree, they are insanely sweet.

"Orange vegetables immediately make you think of carrots, but why not mix it up a little? Instead of orange carrots, choose a heritage type with delicious yellow or purple roots."

YELLOW

"Yellow, for us, would have to be sweetcorn as, when you grow it yourself, you can eat it direct from the cob, raw, and it tastes sensational.

"Eaten within an hour of picking means the sugars haven't turned to starch, it really is mind-blowing how delicious it is.

"Corn ripens in late summer, so perhaps yellow bell peppers are a better option for summer Pride platters or, for an even earlier crop, a yellow variety of courgette, which are really prolific."

GREEN

"Literally all vegetables have a green bit. But if you want to go more ornamental, Swiss chard stems come in some wildly vibrant colours."

BLUE

"Blueberries are an obvious choice and people are always surprised that they grow in Ireland, which they do very well. Like the peach tree, they are perennial, which means they fruit each year, so you'd need to already have your bush.

"Ours are very well tended to and very fruity, though they need an acidic and moist soil. There are purple/blue potatoes and sweetcorn, too, and the blue colour, a type of anthocyanin, is great for your blood pressure and heart, can fight cancer and increase brain function.

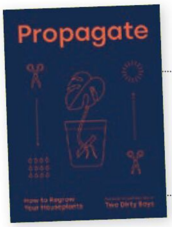
"We've had great success in our greenhouse with aubergine, to give you that deep purple hue on your platter, but if this summer is like fiery 2022, then it should be fine outside, especially if your garden is very sheltered and south-facing."

OTHER COLOURS

"To supplement your fruit and veg, we would suggest edible flowers. There are so many and they really make any vegetable plot sing with a riot of colour. Nasturtiums (red through to yellow) are so prolific and deliciously peppery.

"Violas come in a huge range of colours, while courgette flowers are yellow/orange and look fabulous on the plant. They're also delicious stuffed with Greek yogurt, deep fried and drizzled with honey.

"Whatever doesn't ripen in time for Pride, or is savaged by snails as big as a small cat, just go out and buy. We may have done that ourselves once or twice - we won't tell if you don't." *WW*



Propagate by Robin Daly & Paul Anderton is published by Hardie Grant. Available now.

By Hannah Stephenson, PA

Summer shawl

This stylish crochet shawl will keep you cosy all summer.

About Vibes & Scribes Wool
Yarn Vibes is a 100 per cent organic and sustainably produced Irish wool, supportive of local producers and rural communities in Ireland. Its vibrant colours are inspired by the beauty of the Irish landscape.

Aoife Crochet Shawl.

MATERIALS REQUIRED
1 x 100g Yarn Vibes 100% Organic Sportweight Yarn
1 x 100g Yarn Vibes 100% Organic Sportweight Yarn
4mm Crochet Hook

Sizing
74in wide x 20in deep after blocking (excluding tassels)

Gauge
16 sts x 8 rows in double crochet (dc) = 4in/10cm

Notes and Special Stitches

- Pattern increases on one side only. On straight side, ch3 counts as first dc. On increase side, ch3 counts as first dc and the next dc is made in base of beg ch-3 (increase made). On decrease rows (on decrease side only) ch3 does not count as a st and you will not work into it on next row.
- Follow colour sequence for colour changes
- Puff Stitch (PS): (Yo, draw up a loop) 4 times in stitch, yo, draw through all 9 sts on hook.

Instructions

Row 1: Using Yarn A and 4mm hook, ch4, 2dc in 4th ch from hook, turn. (3 dc)
Row 2: Ch3 (counts as 1dc here and throughout on increase rows), 1dc in same st (at base of beg ch-3) (increase made), dc in next 2 sts, turn. (4 dc)
Row 3: Ch3 (counts as 1dc here and throughout), dc in next 2 sts, 2dc in last st, turn. (5 dc)
Row 4: Ch3, dc in same st, dc in next 4 sts, turn. (6 dc)
Row 5: Ch3, dc across to last st, 2dc in last st, turn. (7 dc)
Row 6: Ch3, dc in same st, [ch1, skip next st, PS (see special stitches) in next st] twice, ch1, skip next st, dc in last st, turn. (2 PS)
Row 7: Ch3, dc in next ch-1 sp, [dc in next PS, dc in next ch-1 sp] twice, dc in next st, 2dc in last st, turn. (9dc)
Row 8: Ch3, dc in same st, dc in next 8 sts, turn. (10dc)
Row 9: Ch3, dc across to last st, 2dc in last st, turn. (11 dc)
Row 10: Ch3, dc in same st, dc across, turn. (12dc)
Row 11: Ch3, dc across to last st, 2dc in last st, turn. (13 dc)
Row 12: Ch3, dc in same st, * ch1, skip next st, PS in next st; rep from * across to last 2 sts, ch1, skip next st, dc in last st, turn. (5 PS)
Row 13: Ch3, dc in next ch-1 sp, * dc in next PS, dc in next ch-1 sp; rep from * across to last 2 sts, dc in next st, 2dc in last st, turn. (15dc)
Row 14: Ch3, dc in same st, dc across, turn. (16dc)
Row 15: Ch3, dc across to last st, 2dc in last st, turn. (17 dc)
Row 16: Ch3, dc in same st, dc across, turn. (18dc)
Row 17: Ch3, dc across to last st, 2dc in last st, turn. (19 dc)
Row 18: Ch3, dc in same st, * ch1, skip next st, dc in next st; ; rep from * across to last 2 sts, ch1, skip next st, dc in last st, turn.
Row 19: Ch3, dc in next ch-1 sp, * dc in next st, dc in next ch-1 sp; rep from * across to last 2 sts, dc in next st, 2dc in last st, turn. (21dc)
Row 20: Ch3, dc in same st, dc across, turn. (22dc)
Row 21: Ch3, dc across to last st, 2dc in last st, turn. (23 dc)
Row 22: Rep Row 20 (24 dc)
Row 23: Rep Row 21. Fasten off yarn. (25 dc)
Row 24: Using Yarn A, ch3, dc in same st, * ch1, skip next st, PS in next st; rep from * across to last 2 sts, ch1, skip next st, dc in last st, turn. Fasten off yarn. (11 PS)
Row 25: Using Yarn B, ch3, dc in next ch-1 sp, * dc in next PS, dc in next ch-1 sp; rep from * across to last 2 sts, dc in next st, 2dc in last st, turn. (27dc)
Row 26: Ch3, dc in same st, dc across, turn. (28dc)
Row 27: Ch3, dc across to last st, 2dc in last st, turn. (29dc)
Row 28: Rep row 26 (30dc)
Row 29: Rep row 27 (31dc)
Row 30: Rep row 24 (14PS)
Row 31: Rep row 25 (33dc)
Row 32 – 35: Rep rows 26 - 29
Row 36: Ch3, dc in same st, * ch1, skip next st, dc in next st; rep from * across to last 2 sts, ch1, skip next st, dc in last st, turn.
Rows 37 – 54: Rep rows 19 – 36
Rows 55 – 72: Rep rows 19 – 36
You will begin decreasing on one side only.
Read pattern notes on decreasing
Row 73: Ch3, dc across to last 2 sts, dc2tog (decrease made), turn. (73dc)
Row 74: Ch3 (does not count as a stitch here and throughout on decrease rows), dc in next st, dc across, turn. (72dc)
Row 75: Ch3, dc across to last 2 sts, dc2tog, turn. (71dc)
Row 76: Ch3, dc in next st, dc across, turn (70dc)
Row 77: Ch3, dc across to last 2 sts, dc2tog, turn. (69dc)
Row 78: Ch3, dc in next 2 sts, *ch1, skip next

st, PS in next st; rep from * across to last 2 sts, ch1, skip next st, dc in last st, turn. (32 PS)
Row 79: Ch3, dc in next ch-1 sp, * dc in next PS, dc in next ch-1 sp; rep from * across to last 2 sts, dc2tog, turn. (67dc)
Row 80: Rep row 74 (66dc)
Row 81: Rep row 75 (65dc)
Row 82: Rep row 74 (64dc)
Row 83: Rep row 75 (63dc)
Row 84: Rep row 78 (29PS)
Row 85: Rep row 79 (61dc)
Rows 86 – 89: Rep rows 80 – 83 (57dc)
Row 90: Ch3, dc in next 2 sts, *ch1, skip next st, dc in next st; rep from * across to last 2 sts, ch1, skip next st, dc in last st, turn.
Rows 91 – 108: Rep rows 73 – 90
Rows 109 – 126: Rep rows 73 – 90
Rows 127 – 142: Rep rows 73 – 90 until 4 sts remain
Row 143: Ch2, dc in next st, dc2tog. Fasten off yarn.

Border

Work border on Increase/decrease side only
Row 1: Join Yarn B in beg chain sp, ch4 (counts as 1dc, ch1), make 1dc in 1st space (around end post of row end), * ch1, dc around post of next row end; rep from * across to row 72. Ch1, make 1 extra dc in space between row 72 & 73, ch1 * dc in next row end, ch1; rep from * across, dc in final st, turn. Fasten off yarn (145dc)
Row 2: Using Yarn A, sl st in 1st dc, ch1, PS in next ch-1 sp, ch1, * sl st in next dc, ch2, sl st in next dc, PS in next ch-1 sp, ch1; rep from * across, ending with a sl st into last dc. Fasten off yarn.

Finishing

Weave in all loose ends. Soak your wrap in a mild wool wash and squeeze gently by rolling in a towel. Lay project out to finished size and pull gently into shape. Pin in place and leave to dry.

Tassel Instructions

Make 2 tassels as follows with Yarn A: Using a book approx. 4-6” in width, cut a 12” length of yarn and lay across top of book – this will be used to tie top of tassel. Wrap yarn around book about 20 times (depending on thickness required). Using the 12” tie, knot top of tassel tightly. Cut tassel at opposite end. Wrap another length of yarn around tassel 1” from top approx.8 times and knot ends together. Trim if needed and sew securely to two corners of shawl. *WW*

Colour Sequence
Rows 1-5: Yarn A
Row 6: Yarn B
Rows 7-11: Yarn A
Row 12: Yarn B
Rows 13-18: Yarn A
Rows 19-23: Yarn B
Row 24: Yarn A
Rows 25-29: Yarn B
Row 30: Yarn A
Rows 31-36: Yarn B
Rows 37-41: Yarn A
Row 42: Yarn B
Rows 43-47: Yarn A
Row 48: Yarn B
Rows 49-54: Yarn A
Rows 55-59: Yarn B
Row 60: Yarn A
Rows 61-65: Yarn B
Row 66: Yarn A
Rows 67-72: Yarn B
Rows 73-77: Yarn A
Row 78: Yarn B
Rows 79-83: Yarn A
Row 84: Yarn B
Rows 85-90: Yarn A
Rows 91-95: Yarn B
Row 96: Yarn A
Rows 97-101 Yarn B
Row 102: Yarn A
Rows 103 – 108: Yarn B
Rows 109-113: Yarn A
Row 114: Yarn B
Rows 115-119: Yarn A
Row 120: Yarn B
Rows 121-126: Yarn A
Rows 127-131: Yarn B
Row 132: Yarn A
Rows 133-137: Yarn B
Row 138: Yarn A
Rows 139-143: Yarn B

Live Every Day of Your Life

From Dragons' Den
NORAH CASEY
spark!
THE FIREPOWER OF LIFE

DISCOVER YOUR INNER Spark!

'A really enjoyable page,turner that doesn't lecture anyone'

RTÉ

'Norah shares her journey and the lessons she has learned in Spark! Drawing on a mix of personal insight and the wisdom of twenty years as a top business woman'

Barbara Scully, writing.ie

'Spark! was different… it's a call to action – a call to live, really – and it's a message that's worth spreading. We only have one life, why waste it?'

Marie O'Neill, anoverflowingbookcase.ie

The perfect gift

ONLY €14.95

at harmonia.ie

Your stars

Find out what your horoscope has in store for you in the weeks ahead with Patrick Arundell.

ARIES

21 March – 20 April

As the Sun enters a private space for four weeks, family affairs become a key focus. Attend to homely matters but take time to relax and recharge too. This also looks to be a constructive time as a Jupiter/Saturn link suggests measured progress. You're ambitious and ready to work hard to make your dreams a reality. Mind, you'll need your wits about you with Neptune on the field.

TAURUS

21 April – 21 May

The Sun's move into your sector of talk and thought can inspire you to get admin sorted, connect with others in your area for business and pleasure and find ways to enhance your social media profile. This is also a good week for team and community projects, as by committing you'll gain valuable experience. Go easy when shopping, as not everything is as good as it looks.

GEMINI

22 May – 21 June

Money matters come into focus as the Sun enters your financial sector. It's time to take stock and streamline your affairs. Keen to connect with someone romantically? Venus and Mars in your sector of talk and thought can get the ball rolling. Plus, there are nebulous influences on the go too, so avoid ill-thought-out moves. It pays to research your plans in some depth.

CANCER

22 June – 23 July

As the Sun glides into your sign, it's time to celebrate all that makes you unique. The coming four weeks are great for kick-starting projects and plans that are close to your heart. Even so, Neptune's links can cause feelings to spill over. Need to clear the air? This is the time to do so. During a heart-to-heart chat you might also realise just how much someone means to you.

LEO

24 July – 23 August

Time to recharge, as the Sun glides into a quieter zone. This is a chance to finish anything that is hanging over you and jettison emotional baggage. The upshot is that you'll have a clean slate when the Sun enters your sign in four weeks. You'll also have the attractor factor, with sultry Venus and feisty Mars in your sign enhancing romance and boosting your natural charm.

VIRGO

24 August – 23 September

Ready for delightful outings and uplifting events? The coming four weeks look to deliver as the Sun enters your social zone. But it's also time to focus on bringing a key goal to life, and a positive Jupiter/Saturn link can highlight how someone could assist you in making it a reality. When it comes to career or business matters, read the small print if big money is involved.

LIBRA

24 September – 23 October

Time to take your place in the spotlight, with the Sun moving into a high-flying zone for around four weeks. Don't hide your light but instead be prepared to shine. Send out your CV and promote your best skills and talents, and the rewards will be yours. You'll also do well on the social circuit with key planets in Leo. Your charisma will easily wow and turn many heads.

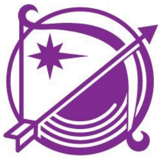
SCORPIO

24 October – 22 November

Ready for a long-awaited break? The Sun's move into your sector of travel can coincide with opportunities to get away from it all and enjoy a vacation. A desire for something new could find you ready to grasp an opportunity or commit to a new challenge. Plus, a dynamic focus on your sector of ambition suggests that charm and leadership can boost your popularity.

SAGITTARIUS

23 November – 21 December



Issues around finance and business may require attention as the Sun moves into Cancer. Its four-week stay could be a chance to get back on track. And if something isn't working, this is the time to jettison it so you can move forward. Ready to get moving on a domestic project? A Jupiter/Saturn tie could assist you in getting it off to a great start, and the result may be amazing.

CAPRICORN

22 December – 20 January

You'll do better if you work alongside others or invite them on board with your plans. The focus on your sector of relating hints that cooperating can see you doing well and thriving on all fronts. And your love life may flourish too. If you need to hold important conversations or meetings, make sure that what is decided is clearly understood. Don't leave anything to chance.

AQUARIUS

21 January – 19 February

A new phase begins as the Sun enters Cancer, which means the coming weeks can be helpful for getting organised and setting new goals related to your work, wellbeing and overall happiness. Plus, Jupiter's aspect with Saturn is excellent for all property-related matters, as it hints at a positive outcome. Wondering about the true cost of a romance? It may be more than you think.

PISCES

20 February – 20 March

Your leisure zone lights up from this week, which can be a call to down tools and take time out to unwind. It's an opportunity to indulge those activities and hobbies that give you a buzz and leave you happier. Plus, Jupiter's link with Saturn in your sign could help you get to grips with an ambitious project. If you persevere, you'll do well and will be delighted with the outcome. *WW*

Reader Offer

Travel Department
Let's see more...

T: 01 637 1606 | W: traveldepartment.com
Visit: Travel Store, Second Level, Arnotts

Irish Owned & Operated

Discounts on a huge selection of tours...

SAVE UP TO €100* PER PERSON

Gold Discount
Save €100pp* using the code
GOLD100

Silver Discount
Save €60pp* using the code
SILVER60

Bronze Discount
Save €30pp* using the code
BRONZE30

FROM €2,599

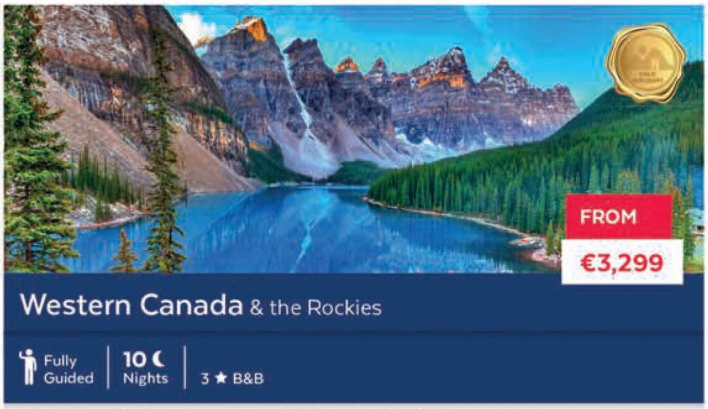
Canada's Maple Leaf Trail

Fully Guided | 9 Nights | 3 ★ & 4 ★ B&B

- Flights from Dublin to Toronto, returning from Quebec, via Toronto
- 2 nights in Toronto with a half day city tour and plenty of time at leisure
- 1 night on the Canadian side of Niagara Falls, with a half day excursion including a boat tour and visit to Niagara-on-the-Lake
- A visit to the Thousand Island Resort with a cruise on St. Lawrence River
- 1 night in Kingston, situated on Lake Ontario
- 2 nights in Montreal with a half day sightseeing tour
- 2 nights in Quebec, North America's only walled city, with a tour including the Latin Quarter, the Citadel, Place Royale and the Basilica
- 8 nights accommodation and 1 overnight flight

Holiday Departure Months

J	F	M	A	M	J	J	A	S	O	N	D
							●	●	●		


FROM €3,299

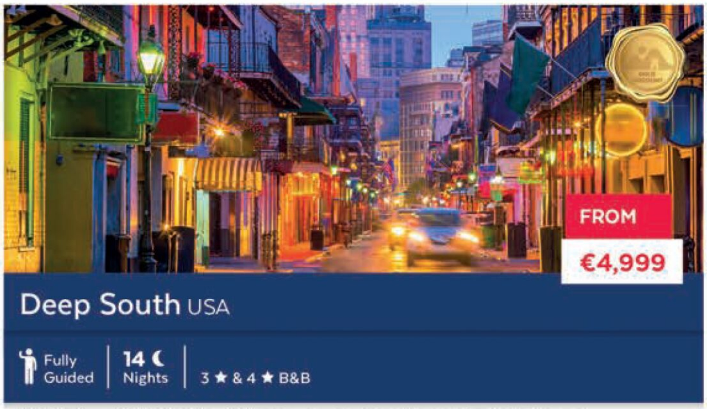
Western Canada & the Rockies

Fully Guided | 10 Nights | 3 ★ B&B

- Flights from Dublin to Vancouver, via Toronto or Montreal
- 3 nights in Vancouver including a city tour of the main highlights
- 1 night in Clearwater with an excursion to Wells Gray Park
- 1 night in Jasper with a visit to Mount Robson Park
- Enjoy a Snowcoach ride on Athabasca Glacier, located in the Rockies
- 2 nights in Banff with a tour of the main highlights including Lake Louise
- 1 night in Vernon, visit Glacier National Park and Okanagan Valley
- 1 night in Whistler, travel through Nicola Valley en route
- Visit Grouse Mountain and Capilano Suspension Bridge Park in Vancouver
- 9 nights accommodation and 1 overnight flight

Holiday Departure Months

J	F	M	A	M	J	J	A	S	O	N	D
							●	●			


FROM €4,999

Deep South USA

Fully Guided | 14 Nights | 3 ★ & 4 ★ B&B

- Flights from Dublin to New Orleans, returning from Memphis, all via Newark
- 2 nights in New Orleans' French Quarter with a half day walking tour
- 1 night in Pensacola with a half day tour of the National Navy Aviation Museum and 1 night in Jacksonville
- 2 nights in Savannah with a city tour to include the historic district
- 2 nights in Charleston with a visit to Boone Hall plantation and city tour
- 1 night in Atlanta with a city tour and visit Martin Luther King's birth home
- 2 nights in Nashville, including Music Row and the Country Music Hall of Fame
- 2 nights in Memphis, including Graceland and the National Civil Rights Museum
- 13 nights accommodation and 1 overnight flight

Holiday Departure Months

J	F	M	A	M	J	J	A	S	O	N	D
									●		

Visit www.traveldepartment.com/travel-offers for the full range available

IAA IRISH AVIATION AUTHORITY ÚDARÁS EITLÍOCHTA NA hÉIREANN

What our customers say... Excellent

Rated 4.7 out of 5 (based on over 3,300 reviews)

Trustpilot ★★★★★

Fully licenced by the Irish Aviation Authority (TO 163 & TA 0692) and bonded. Travel Department T&Cs apply for all bookings. Prices are per person and based on two sharing. Single-room supplements (excluding solo traveller) and room upgrade costings apply. A non-refundable / non-transferable deposit is required to book. Balances are due 10 weeks before departure date. Prices, taxes, flight times, holiday details & availability are subject to change. Prices subject to airline fuel surcharges. *Offer valid for all new bookings made between 22nd May and the 30th June 2023. Offer is €100pp off gold discount holidays using the code GOLD100, €60pp off silver discount holidays using the code SILVER60 and €30pp off bronze discount holidays using the code BRONZE30. Offers are non-transferable, subject to availability, cannot be used in conjunction with any other offer and has no cash value. All deposits are non-refundable. E&OE.

Dear Fiona

Columnist and trained counsellor Fiona Caine answers another set of reader dilemmas.

SISTER-IN-LAW ATTACKED ME

Over the past four years, I have had several surgeries on my back that have left me feeling weak and generally not able to cope. I've had several bouts of depression, including one complete breakdown where I spent a short time in a specialist hospital. Then, just as I thought I was getting over this, my younger brother died, and I plunged back into another nasty depression.

His death came as a real shock because he was quite a bit younger than me, and I suppose it drove home the fact that I too am going to die one day. My other brother offered to help, and I was grateful for the support as he helped me talk though a lot of the issues I was having.

However, his wife, who's always been a bit odd, got really angry and attacked me. She beat me up badly and I had to have stitches in my head.

I have no idea why she did this; I'd done nothing but ask for help. My brother is still trying to help but every time I see her now at their house, she glares at me and I get a panic attack. I really do feel that my brother was helping me come to terms with the loss of our younger brother and I want to go on seeing him. However, I'm not sure I can ever get over these panic attacks. What can I do?

C. L.

FIONA SAYS: YOU DESERVE TO FEEL SAFE

What your sister-in-law did sounds like it could have been a criminal assault, but it's not clear from your letter whether she was charged and subsequently convicted. I suspect she wasn't, because she continues to be aggressive towards you when she sees you.

You say you are having panic attacks when you see her. Might these be a perfectly rational fear response to a violent person, and indeed one who has already assaulted you badly? Given this, perhaps you should explore the possibility of bringing charges against her, particularly if you think she might attack you again. Please contact a local support group to discuss what has happened. An adviser can give independent, free and confidential advice about the pros and possible cons of bringing charges.

Finally, please don't stop talking with your brother but, for the moment, it might be best if this is solely with him, either by phone, video call or away from his house.

WILL HE LEAVE HIS PARTNER FOR ME?

I'm 22 years old and have met the most wonderful man, who is fun to be with, really attentive and caring, and I think could be my Mr Right. The only problem is that presently he's living with someone else and while he says he's no longer in love with her, he's not willing to rock the boat. He doesn't want to make himself homeless until he is certain about my feelings for him.

He's told me he doesn't want to rush me or pressure me in any way, and that I must take all the time I need to be certain. How can I convince him I am sure, because I don't like the thought of being the 'other woman' in his life? I don't want to lose him, but I am confused.

C. K.

FIONA SAYS: THIS DOESN'T SOUND PROMISING

Oh dear, oh dear – he's got you well and truly hooked, hasn't he, and I'm afraid I think you need a sharp dose of reality here. If this man really was as perfect as you say, he wouldn't be two-timing his current girlfriend – certainly not while he still lives with her.

Yes, people fall for other people while they're still in relationships, but if he really were a good person, he would tell you he can't see you until he has sorted out his personal problems. You most certainly aren't the one with the decision to make about this relationship, and of course he's telling you to take your time because, right now, he's able to have his cake and eat it!

Perhaps you think I'm being unfair, but if you want to test his feelings, ask him to decide between you and his present girlfriend and to prove his feelings for you by finishing with her and moving out. I hope I'm wrong about him, but I very much fear you are being led on by this two-timing rat and that you're heading for heartache. *WW*

If you have a problem you need help with, email Fiona by writing to help@askfiona.net for advice. All letters are treated in complete confidence and, to protect this privacy, Fiona is unable to pass on your messages to other readers. Fiona regrets that she cannot enter into personal correspondence.

wards
Ninety One
ISPS HA

CAREER CHANGE

Former BBC newsreader Kate Silverton on swapping her BBC news career to work as a child therapist.

Most people know Kate Silverton from her time as a *BBC* newsreader, or possibly from when she took part in *Strictly Come Dancing*.

But that's the old Kate Silverton. The new Kate Silverton is a qualified child therapist – so what made the mum-of-two swap such a successful media career to help children instead?

"The love of it. My academic background is in child psychology, and becoming a mum really inspired me too," she says.

She's worked with a number of children's mental health charities over the years, and explains: "My journey has really been decades long, both in understanding more about children's mental health, and as a parent really benefiting from all the interviews and access to advice that I was given by incredible people."

Currently working in a primary school supporting young children with complex needs, Silverton, 52, admits that when she competed on *Strictly* in 2018, it was with a view of leaving journalism to train as a child therapist. "And that's what I did," she declares proudly.

"My interest has been long-held and I've now qualified, and it's absolutely my life's passion. So I'll be using journalism and all my presenting experience to raise awareness around children's mental health and, really, to support parents.

"I've had an incredible life in journalism and many, many years that have been really fulfilling. I think you're always drawing upon the experiences you've picked up before, but as a mum especially, this is now where home is and will become my life's work."

PARENTHOOD

Silverton's two children, Clemency and Wilbur, are now aged 11 and eight. They were conceived naturally after Silverton and her husband, Mike Heron, tried IVF but it wasn't successful. She continued to work as a journalist after Clemency was born, but took two years off when she had Wilbur in 2014. "I was freelance, but it got to the point where I thought I can't physically do this – you know, I'm an older parent as well.

"I had to make a judgement call and I can only ever speak for myself, there's no judgement for others. But I took two years out because I just couldn't see any other way of doing everything, and doing it the way I hoped to.

"It's really, really hard for parents now, and I say to a lot of the parents I speak to in my clinical work, 'Please, please, please do not berate yourself, we are living in a very challenging time.' We're pulled in so many ways, we're still doing a lot of work at home, and we're expected to be present either at work, and/or at home.

"So there's no easy answer. But I think we owe it to our children to start asking, is this really working for us as parents? And is it working for our children?"

Was she worried that taking two years out might affect her career?

"I was the main breadwinner," she says, "And my husband and I made a decision between us that things would change. And I think a lot of families do that – they have to find themselves having really difficult conversations. And certainly, there are no easy answers.

"But what I found is I've changed my career, and I see it as a second act, if you like, and maybe that's thanks to having children. So sometimes, what can seem a really difficult decision and one that we might worry about, you kind of think, actually, maybe it wasn't the right place for me, after all."

She returned to journalism but was working at weekends doing the Saturday night news while her husband looked after the kids. "Ultimately, I thought I don't want to be doing this, I don't want to be in the newsroom on a Saturday night when my children are at home with my husband," she says.

"We all make these decisions based on our own personal circumstances, and for me at the time, I was ready to follow my heart and retrain as that had been in my mind for a very long time. So I guess the decision made itself, really."

Silverton is now determined to help make family life work not only for herself, but for other parents, and as well as her work in a primary school and writing the book *There's No Such Thing As 'Naughty'*, a parenting guide that explores how children's brains develop and how it influences their behaviour. She's teamed up with the children's furniture brand Stokke to explore parents' worries about child development in the under-fives.

Kate with her children

> **"I don't want to be in the newsroom on a Saturday night when my children are at home with my husband"**

New Stokke research has found 29 per cent of parents of children aged zero to five years are concerned about their child growing up shy, and nearly a third of parents identify confidence as the most important characteristic for their child to gain during their early years.

"First and foremost, for children especially under five, we want to ensure the foundations being built in their brain are strong," explains Silverton. "And parents are the best people to build those foundations for future mental health."

FINDING CONFIDENCE

In practical terms, what do parents need to do to help their children learn to be confident and mentally strong?

"Be with them," advises Silverton. "Our presence is really crucial, because when our children inevitably navigate more challenging experiences, having us nearby to model the behaviour that's appropriate can give them the confidence to know they can eventually go off alone.

"I'd love parents to feel more confident to follow their instincts when it comes to being with their children. Our children don't necessarily need to be doing in these early years, they simply need to be. And by that I mean being with and alongside us as their guide. Because parents really are more powerful than they know."

She stresses it isn't about buying young children expensive educational toys or doing anything complicated. "It's the little things that mean so much – putting the phone down and actually engaging with our children face-to-face, getting down on the floor and playing with them, spending time with them, letting them know we value them and we want to spend time with them, we love and we delight in their presence. These are the things that build confidence, because they're building a sense of self-worth."

Although she's stepped back from her high-profile broadcasting career, Silverton's still very busy with child therapy and writing her second book, which she hopes will be published in the autumn. But, as she says herself, "We're told we can have it all – well, actually, you can have it all, but not at the same time."

However, she does find some time to look after herself. "Whether it's bouncing on a little trampoline, or going to walk your dog or doing yoga, anything that's patterned, repetitive, rhythmic, is actually very soothing for our brain stem, and absolutely vital for our health," she explains. *WW*

By Lisa Salmon, PA

FLYING **FIT**

Jetting off this summer? Doctors share essential in-flight health tips.

Holidays are great, but travelling can take its toll on your body and mind, particularly when flying long distances.

"When you consider that pressure, temperature and oxygen levels fluctuate in the aircraft, add in the fact that humidity levels are lower than sea level, it's not surprising flying can upset some of your body's normal functions," says Dr Chun Tang, GP.

"Not forgetting, most people feel varying degrees of stress before take-off too."

So, if your summer holiday is set to include a hefty flight, what are some of the key things to think about when it comes to health and wellbeing?

DEHYDRATION

"Airplanes can dehydrate you because half of the air circulating in the cabin comes from the outside, and when you're at a higher altitude there is hardly any moisture in the air," says Tang.

If you want to help mitigate the impact of dehydration while flying, consider what you eat and drink both before and during.

"Eat something light, like a salad and fruit. Avoid salty fast food, especially before flying, as this can cause bloating and dehydration," suggests Tang.

"Many people like to have an alcoholic drink in the departure lounge prior to flying, but you are just dehydrating yourself further. Avoid coffee too and stick to fresh juices and water.

"After you've flown, tempting as it is to go and get an alcoholic beverage, keep drinking water to restore hydration."

GERMS

Tang explains: "When you fly, you're exposed to more germs because you're near others – that's why it's common to catch a cold or sniffle following a flight.

Your tray table, seatbelt and other surfaces that are frequently touched will also be covered with germs.

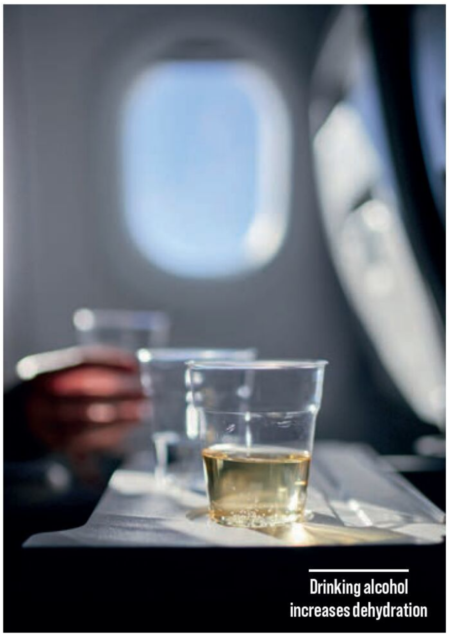
"Carry a small bottle of hand sanitiser and cleaning wipes with you," he suggests, "and wash your hands frequently during travel."

SLEEP

Jet lag is a pain and can easily ruin the start and end of a trip. So, how can you mitigate its impacts and keep your sleep cycle solid?

"Exposure to light is incredibly important for regulating your body clock. When it's dark outside, you're more likely to fall asleep," says Tang.

"If you're travelling west to the USA or South America, for example, you should seek light in the evening time. If you're headed east, then you want to restrict light exposure if you're arriving at night-time and seek it out in the morning.



Drinking alcohol increases dehydration

"Studies show that blue light from your smartphone or tablet can keep you awake, so avoid these when you're trying to get some sleep," he adds.

EARS

Tang says that another possible side-effect of flying can be stress on your ears due to pressure changes in the cabin. It's often advised that people avoid flying if they have an ear infection, for example.

"When the outside pressure changes quickly during take-off and landing, you may feel your ears pop. Sometimes this imbalance can cause motion sickness because your brain is receiving conflicting messages," says Tang. "Try swallowing or yawning to open the eustachian tubes [which connect the middle ear and throat] during take-off and landing."

CIRCULATION

Deep vein thrombosis (DVT) is a very real concern for many people when flying. These blood clots, which usually affect the legs, can be extremely serious.

"One of the most common causes of DVT is prolonged periods of inactivity when travelling long distances," says Professor Mark Whiteley. "When people significantly reduce the activity in their legs, the blood flow becomes very sluggish in the deep veins, therefore putting people at a higher risk of a clot forming.

"It is important to keep as active as possible when flying by regularly stretching and going for a walk up and down the cabin aisle, at least once per hour if it is a long flight," he adds. "I would also advise wearing properly-fitted flight stockings. This speeds up the flow of blood in the veins and therefore reduces the risks of the blood clotting."

Anyone can potentially get DVT, but if you have a history of blood clots or may be at increased risk, always speak with your doctor before travelling.

WHAT IF I HAVE A PRE-EXISTING CONDITION?

"If you have pre-existing health conditions, then it's best to check with your GP on any specific aspects of flying that may impact you," says Tang. "You'll also need to ensure that you have purchased adequate travel insurance that will cover you should you require any medical attention while abroad."

Another important consideration is to make sure any medication you will need is stored in your hand luggage/carry-on bag, and not in the hold (in case it goes missing). Some countries may also have restrictions on certain medications – ensure you speak with your doctor well in advance of travelling. *WW*

By Imy Brighty-Potts, PA

Win €500 WORTH OF AESTHETIC TREATMENT

SISU
CLINIC

One lucky *Woman's Way* reader will win a €500 gift card, redeemable for any treatment and in-store purchases st Sisu Clinic locations across Ireland.

As Ireland's premier aesthetic medicine destination, Sisu takes pride in offering a comprehensive range of advanced, non-invasive cosmetic treatments, guided by its team of skilled doctors.

From innovative anti-wrinkle injections, dermal fillers and lip augmentation, to revitalising facial contouring and skin rejuvenation treatments, its range of non-surgical tweakments are designed to refresh and restore natural beauty.

Sisu Clinic's expert team will guide you in selecting the most suitable treatments based on your goals and desired outcomes. Enter now and unlock the chance to indulge in this personalised experience, guided by skilled professionals at Sisu Clinic who prioritise your wellbeing.

To enter, please answer the following question:

ARE SISU CLINIC'S TWEAKMENTS SURGICAL?

HOW TO ENTER

Email your answer by July 3 to: womansway@harmonia.ie including your name, address and telephone number and labelling your mail 'The Sisu Clinic Competition'

This Woman's Way competition is open to anyone resident in NI and the Republic of Ireland, aged 18 and over, except employees and their families of Harmonia Publishing, its printers and anyone else connected with the competition. No purchase is necessary. We will only accept one competition entry per reader. Prizes are awarded by drawing entries after the closing date. Winners will be notified by email. The editor's decision is final.

Rise Up
Rise Up

FRESH START

Susan Dwyer, Founder of Rise Up, weighs in on dealing with redundancy.

By Niamh O'Reilly

Being made redundant comes with a rollercoaster of emotions. There's often a lot of uncertainty and a feeling of helplessness. However, once the dust has settled, it can also be the perfect time to embrace new opportunities, to upskill or to follow a passion you've always held.

Susan Dwyer is the founder of Rise Up, a private membership network focused on connecting and supporting women leaders (*riseupwomen.ie*). After working in global recruitment for nearly a decade, Susan kept hearing the same things come up time and again. Women felt overworked, underappreciated and burnt out, with lack of flexibility and, overall, a lack of commitment to wellbeing and diversity, equity and inclusion.

Here are her top five tips if you find yourself being made redundant.

BE KIND TO YOURSELF

Comparison is the thief of joy, avoid it at all costs. Instead, try reflecting on all the difficult life events you have overcome in the past and survived. You have always managed to get through tough times, and you are much more resilient than you give yourself credit for.

TAKE TIME TO REFLECT

If you don't own a journal, now is the perfect time to get one. Take a step back from the 'busyness' and reflect on how you are feeling. Tap into what's important to you and where you want to go from here. Ask yourself questions like: What have I learnt? What am I most proud of? What parts of my old job gave me energy and what parts left me feeling drained? What do I actually enjoy doing?

DEVELOP NEW SKILLS

The key to building confidence is to constantly try things that are outside of your comfort zone. It could be something like getting up earlier, reading, calling a friend, posting on social media. Start with simple things. Write an uncomfortable list and pick things from it every day.

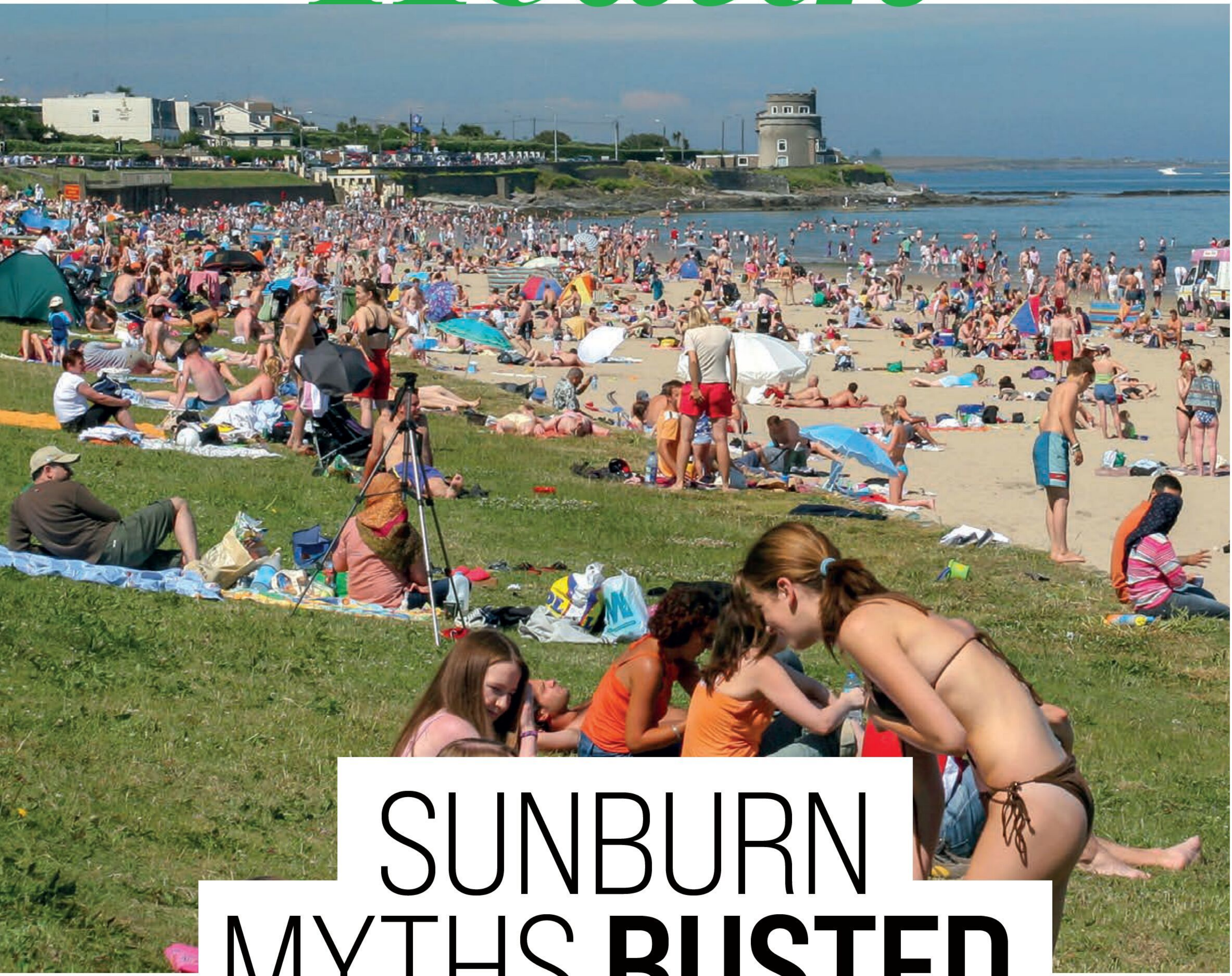
CONNECT WITH PEOPLE

Forget about the word networking and focus on connecting with people. I guarantee you know more people than you think, and these people also know people who may be able to help you or give you advice. Write a list of people in your network, start with family, friends, colleagues, ex-colleagues, old school/ college contacts, neighbours, club members, etc. Make contact, let them know you are looking for a new opportunity. Be specific about what kind of work you are looking for.

Susan Dwyer; the founder of Rise Up

WORK ON YOUR PERSONAL BRAND

Whether we like it or not, we all have a personal brand, and with the world being more digital than ever before, it's important to invest time into your online profile. Think of it as marketing yourself and your career expertise. If you are not sure where to start, I would suggest starting with your *LinkedIn* profile. *WW*



SUNBURN MYTHS BUSTED

Experts talk through some major misconceptions about sun protection.

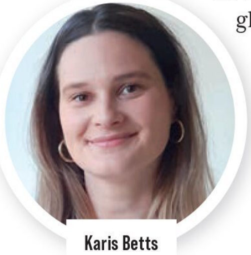
After a largely disappointing spring, the summer is well and truly here.

The trusted exam weather has turned up and shows no signs of leaving any time soon.

Many of us will be heading out to enjoy the sunshine, but as ever, it's important to protect your skin from harmful UV rays.

When it comes to tanning and sunburn, there are a variety of misconceptions that still abound, and the consequences of not following sun protection advice can be severe – especially as skin cancer rates across Ireland have been rising, charities have warned.

Here are five sunburn myths that could be putting your health at risk…



Karis Betts

1 THE IRISH SUN ISN'T STRONG ENOUGH FOR SUNBURN

We might grumble about the gloomy weather in our part of the world, but the risk of sunburn remains for a large part of the year.

"The sun can be strong enough in Ireland between mid-March and mid-October to burn you," says Karis Betts, senior health information manager at Cancer Research, which is working in partnership with Nivea Sun to educate consumers on how to be sun safe.

"You're most likely to get burnt in the middle of the day, when the sun is at its highest point, not necessarily its hottest."

UV rays are generally strongest between 11am and 3pm, she says: "It's wise to take a break in the shade or indoors during these hours. And remember, you can burn through clouds."

2 YOU HAVE TO GO RED BEFORE YOU GO BROWN

Our complexion can turn darker in the sun due to the release of melanin as the skin attempts to protect itself, but that doesn't mean you need to turn lobster-red first in order to try and get a tan.

"This is one of the biggest myths in sun protection, and it contributes to skin damage and skin cancer cases," says Abi Cleeve, MD of Ultrasun.

"The fact is that as soon as the skin reddens, it's in trauma. A 'trauma tan' occurs from inadequate protection where the skin appears to tan more quickly, but hasn't – it has burned. This only ensures that the skin peels, leaving the skin tanless in days."

To avoid this pattern, Cleeve recommends gradually building up your time in the sun, and using higher SPF sunblock: "Use high UVA and UVB filter SPF, a minimum of SPF30 with a UVA filter over 90 per cent will protect the skin and still tan, just more slowly and minimising long-term damage and peeling."

As soon as the skin goes red it's in trauma

3 THE ODD SUNBURN DOESN'T MAKE A DIFFERENCE

It's easy to get caught out by a sudden blast of sunshine, but don't be fooled into thinking that one instance of sunburn here and there doesn't matter.

"This is something I hear a lot but unfortunately, it's just not true," says Betts. "Damage to our skin from the sun is the number one cause of melanoma, the most serious type of skin cancer, and skin damage from the sun builds up over time, it doesn't go away after the burn fades."

That's why wearing sunblock is crucial, even more so for children. According to the Skin Cancer Foundation: "Even one blistering sunburn in childhood or adolescence more than doubles your chances of developing melanoma later in life."

4 PEOPLE WITH DARKER SKIN DON'T GET SUNBURNT

"Anyone can get sunburnt, including people with darker skin, but your risk of getting sunburnt and how sunburn feels will depend on your skin type," says Beth Vincent, health information manager at Cancer Research.

"For people with lighter skin tones, sunburned skin is usually red, sore and swollen. In people with darker skin tones, sunburned skin might not change colour but will often feel irritated, itchy, tender and sore."

While people with lighter skin tones are generally at higher risk of sunburn and skin cancer, you should still use sunblock if you've got darker skin or a tan.

In terms of sunscreen for darker skin tones, Betts recommends: "At least SPF15 and four or five stars for UVA protection. Make sure to reapply it regularly and generously, especially after swimming, sweating or towelling."

Abi Cleeve

5 ALL BODY PARTS ARE CREATED EQUAL WHEN IT COMES TO SUNSCREEN

"Burning due to overexposure to UVB rays tends to happen where the skin is closer to the bone structure, and especially where the part of the body faces directly the sun's rays," says Cleeve. "Tops of feet, shoulders, décolleté, top of the scalp and the nose, take extra care in these areas."

Other easy-to-miss areas include the scalp or parting, ears, areas around swimwear such as straps, and shorts that might move or rise up through the day.

All skin tones need SPF

Cleeves top tip for all-over protection? "Do your sun cream naked. Then any movement in straps, shorts won't suddenly bare unprotected skin to the sun's rays."

6 AFTERSUN PRODUCTS REPAIR THE DAMAGE DONE BY SUNBURN

"No, they don't," says Vincent. "While aftersun products may soothe the unpleasant symptoms of sunburn, they won't fix any damage that was done to the DNA inside your cells."

If you do start to notice signs of burning, cover up or get out of the sun as soon as possible, she warns: "Don't spend more time in the sun that day – even with sunscreen. And don't rely on aftersun to fix the damage, because it can't." *WW*

By Katie Wright, PA Fashion and Beauty Editor

MIDNIGHT FEASTS

What you eat and when could be impacting your slumber.

Wondering whether certain foods can affect your sleep patterns or if eating certain things could actually help improve your sleep?

The relationship between diet, sleep and overall health is two-sided, says Gabi Zaromskyte, registered nutritionist and founder of Honestly Nutrition. "Meaning what we eat and drink affects our sleep, but also, the quality and duration of sleep can affect our food choices," Zaromskyte explains.

"Scientific research has increasingly shed light on the significant impact of dietary choices on cognitive function, mood, and overall physical and mental health," she adds.

Certain dietary patterns and specific nutrients have been found to influence the sleep-wake cycle, sleep latency (the time it takes to fall asleep), and sleep architecture (the different stages of sleep), notes Zaromskyte.

She continues: "And the quality and timing of our food and beverage intake can impact the production of sleep-regulating hormones, such as melatonin, which plays a critical role in regulating our sleep-wake cycle."

However, as Dr Maja Schaedel, co-founder of The Good Sleep Clinic points out, it's important to understand that most research done so far shows that even though certain foods may be higher in melatonin, that does not necessarily equate to falling asleep quicker.

Dr Maja Schaedel

"You may have higher levels of melatonin, but if you've got stuck in a bad habit of tossing and turning for two hours before drifting off, or waking at 3am and not being able to return to sleep, foods high in melatonin are not going to solve your problem," says Schaedel.

She suggests that, generally, it's best to eat your evening meal at least two hours before bed, to avoid any indigestion, spikes in blood sugar and increase in body temperature that can occur while digesting.

"If you tend to get peckish later in the evening, then plan a snack an hour or two before bed," Schaedel adds. "It's best to have something high in protein, like Greek yoghurt or nuts, and low in complex carbohydrates to avoid any spikes and falls in blood sugar."

Also, it might be wise to avoid the usual culprits that can trigger discomfort. "Fatty and spicy foods can cause heartburn and indigestion, which can hinder good sleep, as well as alcohol, caffeine and tobacco," says Lisa Artis, deputy CEO of The Sleep Charity.

Here, experts share their go-to foods for supporting healthy sleep...

1 **CHEESE**

"Cheese gets a bad reputation as it's commonly believed to give us nightmares, but actually it's the opposite," says Artis. "Cheese, and other dairy products, contain tryptophan, an amino acid which helps us to nod off more easily, and calcium, which helps to reduce stress."

2 **CHERRIES**

To find out if foods with naturally-occurring melatonin make a difference for you, Artis suggests giving cherries a go, particularly tart cherries, which have been found to naturally boost the production of melatonin.

Zaromskyte says several studies have shown significant improvements in sleep quality and duration when consuming Montmorency cherries or tart cherry juice, where the concentration of naturally-occurring melatonin and phytochemicals is higher compared to whole cherries.

3 **LOW-SUGAR CEREALS**

"Cereal can also help us to sleep, but we must be mindful of the type of cereal," says Artis. "There are lots of sugary options on the market, so try to avoid these."

She says complex carbohydrate-rich foods increase the availability of tryptophan in the bloodstream which, in turn, may help us to nod off.

Lisa Artis

4 **BANANAS**

Bananas are an excellent source of magnesium, potassium and tryptophan, says Artis. In other words, a great choice when it comes to supporting sleep.

"While bananas have lots of great qualities for sleep, all fruit contains sugar too, so be mindful of this in the run up to bedtime," she notes. "Try blending one banana with one cup of milk or soya milk to make an ideal evening drink."

5 **ALMONDS**

"Almonds are a brilliant source of calcium and magnesium, which promotes both sleep and muscle relaxation," says Artis. "Magnesium also helps to regulate melatonin levels and keep blood sugar levels stable overnight."

6 **MAGNESIUM-RICH FOODS**

Magnesium, an essential mineral, has been found to play a crucial role in sleep regulation – and can influence sleep quality and duration, says Zaromskyte.

"It acts as a co-factor in more than 300 enzymatic reactions in the body, including those involved in the production and regulation of neurotransmitters and hormones that impact sleep."

Some magnesium-rich foods cited to help improve sleep quality include pumpkin seeds, spinach, almonds and dark chocolate (which is packed with health-enhancing antioxidants too).

7 **OMEGA-3 RICH FOODS**

Although research is limited, some evidence suggests foods rich in omega-3 fatty acids may promote better, longer sleep, says Zaromskyte.

"For example, walnuts are a source of melatonin and other sleep-regulating compounds, such as an amino acid tryptophan and omega-3 fatty acids," she says. "Other omega-3-rich foods include oily fish - like salmon, trout, mackerel and sardines - chia seeds and flaxseeds." *WW*

By Sam Wylie-Harris, PA

Khloe ON MELANOMA

Reality star Khloe Kardashian reveals she had a tumour removed from her face following a biopsy.

Khloe Kardashian has described how a “tiny little dot” on her face that she thought was acne was actually melanoma skin cancer.

“I have done one biopsy on this bump that I just assumed was a zit, turns out it’s not a zit,” she said during a recent episode of *The Kardashians*. “It’s melanoma and for my age, it’s incredibly rare.”

Melanoma is a type of skin cancer that can spread to other areas of the body. The main cause is ultraviolet light, which is why it can be prevented with the use of sunscreen.

Kardashian, 38, first revealed details of the tumour last October with posts on her *Instagram* Story.

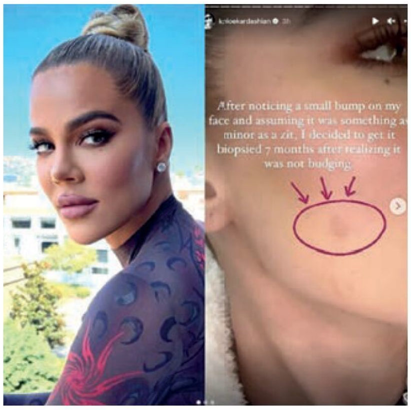
“After noticing a small bump on my face and assuming it was something as minor as a zit, I decided to get it biopsied seven months after realising it was not budging,” she wrote.

“A few days later I was told I needed to have an immediate operation to remove a tumour from my face.”

The removal, by Beverly Hills surgeon Dr Garth Fisher, was successful, she reported: “I’m grateful to share that Dr Fisher was able to get everything – all my margins appear clear and now we are onto the healing process.”

There are around 1,200 people diagnosed with melanoma cases in Ireland every year, according to The Irish Cancer Society, but the vast majority are preventable.

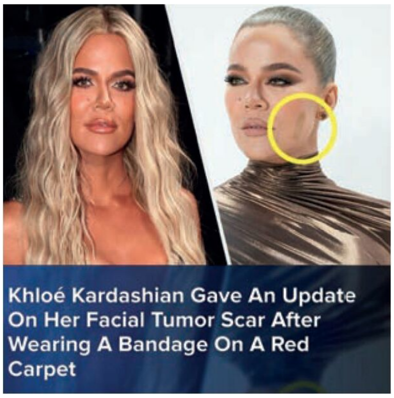
Here’s what you need to know about the skin cancer…



khloekardashian

After noticing a small bump on my face and assuming it was something as minor as a zit, I decided to get it biopsied 7 months after realizing it was not budging

Far left: at the CFDA FAshion Awards; *Pop Culture* (left) and *BuzzFeed Celeb* reported on Khloe's post on *Instagram*



Khloé Kardashian Gave An Update On Her Facial Tumor Scar After Wearing A Bandage On A Red Carpet

Melanomas are common in areas that are exposed to the sun

By Katie Wright, PA Fashion and Beauty Editor

WHAT IS MELANOMA SKIN CANCER?

There are two main types of skin cancer: melanoma and non-melanoma.

Melanoma starts in skin cells called melanocytes, which make a pigment called melanin to protect the body from ultraviolet (UV) radiation from the sun.

UV rays can cause sunburn, which is a sign of damage to the DNA in skin cells. Over time, enough damage can cause cells to grow out of control and lead to cancer.

"All skin cancers are believed to be associated with sun exposure, including the UV rays from sunbeds or 'tanning' beds," says consultant dermatologist Dr Natalia Spierings, author of *Skintelligent: What You Really Need To Know To Get Great Skin*.

"Luckily, melanoma is relatively rare, but non-melanoma skin cancer is much more common, so it is important to know about both types."

> ***"All skin cancers are believed to be associated with sun exposure, including the UV rays from sunbeds or 'tanning' beds"***

WHAT ARE THE COMMON SIGNS/ SYMPTOMS?

Melanomas can appear anywhere on the body, but are more common in areas that are often exposed to the sun – which is why you should always use SPF properly. A new mole or skin lesion (an area that's different from the skin around it) or a change to an existing one may be a sign of melanoma.

"Always see your GP straight away if you notice a change in a mole," says Spierings. "For example, if it has gotten larger, darker, is bleeding, or has in any way changed at all."

Just as Kardashian thought her tumour was a zit, remember that melanomas don't all look the same.

Spierings says: "Not all skin cancers are brown, so any new lump or bump on the skin, including the face, should be looked at by a doctor to ensure it is not a cancerous growth."

HOW IS IT DIAGNOSED?

"If you have any worries, take a picture [of your mole or skin lesion] and contact your GP," says Susanna Daniels, CEO of Melanoma Focus.

"They may ask you to come in or ask you to send the picture to them, which may be sent through a secure messaging system to a dermatologist for review."

If your GP thinks you could have skin cancer, they will refer you to a dermatologist for further investigation.

The dermatologist will examine your skin and ask about any changes you have noticed.

"Your moles are like fingerprints – they are personal to you, but each one should be very similar under a dermatoscope, a magnifying light specifically made to look at moles," Spierings explains.

They may decide an excision biopsy is needed – when the mole or lesion and a small area of surrounding skin is removed and sent to a lab to be tested for cancer.

If the melanoma is cancerous, you'll usually need more tests to see if the melanoma has spread, which may include blood tests, a CT scan or an MRI scan.

HOW IS IT TREATED?

Treatment will depend on where the cancer is, if it has spread and your general health.

Surgery is the main treatment, especially if the melanoma is detected early.

Procedures may be needed to remove the melanoma and an area of skin around it; swollen lymph glands, if the cancer has spread to them; or cancer that's spread to other areas of the body.

"If diagnosed at a later stage, then the melanoma will have spread to other areas of your body," suggests Daniels.

"Treatment is more complex and may involve immunotherapy or targeted therapy treatment." *WW*

STANDING TALL

Singer Anne-Marie chats about music, mental health and wardrobe malfunctions.

By Katie Wright, PA Fashion and Beauty Editor

Attending the Prince's Trust Awards. Left: At the ITV Autumn Launh

Weeks away from releasing her third album, *Unhealthy*, Anne-Marie is feeling nervous.

"The whole process is so weird, because as someone who writes about real-life stuff that I've been through, I'm about to tell the world all of my personal issues," says the singer-songwriter, born Anne-Marie Nicholson.

"The third album is supposed to be your best one, everyone says, so it just makes it more scary."

Does she believe it's her greatest work? "I think so. I think I've become a better songwriter. That's one thing that I can say, that I think the songs are better."

FAMOUS FANS

Perhaps that's how the 32-year-old, who started her singing career touring with Rudimental before achieving a number one hit as a guest vocalist on Clean Bandit's *Rockabye*, was able to entice none other than Shania Twain to collaborate on the country-pop title track.

"[We sent the song] to her and she replied within, like, half an hour and was like, 'I f*****g love it. I'm doing it,'" says the Essex-born pop star, who released her debut album, *Speak Your Mind,* in 2018.

"She was in London and I went to the studio, and she sang it in front of me and I died inside.

"She was incredible. It was like a family member, she was so warm and loving and excited."

The song title, and the album as a whole, refers to the habits that Anne-Marie, who has been a coach on *The Voice UK* since 2021 and released her first book, *You Deserve Better: An Imperfect Guide To Finding Your Own Happiness*, the same year, is trying to break.

She says this year she's been focusing on her mental and physical health, having previously spoken about her experiences with ADHD, OCD and dyslexia.

That's why making music is so cathartic: "I think if I wasn't writing songs before I started therapy, I would have been a shell of a human.

"The song-writing was weirdly helping me deal with things without me knowing – it was kind of like a secret passage to therapy before I had therapy."

Not that she's got everything figured out yet, particularly when it comes to relationships.

"I'm a very 'obsessive in love' person, so everything in my life is unhealthy. I've got obsessions with stuff, I buy too much crap online."

Giving Elton John a run for his money in the sunglasses department, Anne-Marie says she owns hundreds of pairs, and now she's teamed up with Specsavers to launch its new Adidas eyewear range.

She laughs when asked if the partnership came about after she took a tumble on stage at last year's Brit Awards. The brand had tweeted: "Your next visit's on us."

She says: "I think so. I probably got on their radar at that point. I've grown up being obsessed with glasses and sunglasses, so I was just really excited to be a part of it.

VINTAGE FINDS

Not one to rely on a stylist (apart from high-profile events), Anne-Marie says she often indulges in retail therapy.

"I shop myself, much to my accountant's annoyance. I go on *Etsy* and all these places online just to see, you know, bits and bobs that you can't find in shopping malls and stuff."

And she loves rummaging for second-hand gems. "Ever since I was a kid, my dad took me to a charity shop, so I've always been a fan of that. I just think that's way better to get something that no one else can find in shops at the moment."

At the beginning of her career, the fledgling singer was excited at the prospect of a glitzy pop star makeover, but soon changed her mind.

"You start wearing heels and glittery, sparkly stuff, which I love, but I think it was weird for me. I'm a rebel, I love rebelling against things and fighting it," she recalls.

Anne-Marie rallies after a stumble during the Brit Awards

"So when I started feeling a bit trapped by what people were expecting me to look like, I just did a 360 and then started wearing baggy T-shirts and baggy trousers and not wearing heels on stage."

The Brits trip, while wearing huge platform boots, was the final straw, she says: "I'd always been like, 'I can't wear heels or platforms on stage.' And the stylist would be like, 'But this would look the best,' and then I'd do it.

"And then that happened. And I was like, 'F*****g hell, I've just proved my point,' and now I don't ever have to do it. So it kind of worked out for the best."

Specsavers has partnered with Anne-Marie to launch its new Adidas Originals and Sport eyewear collection. WW

BODY CONFIDENCE

Former Spice Girl, Mel B, opens up about rebuilding her self-esteem in her 40s.

By Katie Wright, PA Fashion and Beauty Editor

Asked to star in a lingerie and swimwear shoot, Mel B decided to enlist her daughter Phoenix Brown, 24, and her mum Andrea Brown, 65, to join her in front of the camera.

"I wanted it to be more of a family thing, because for 10 years I was in a horrible, very abusive marriage where I didn't really get to see my family because I was very much isolated by my abuser," says the singer, 48, who alleges ex-husband Stephen Belafonte physically and mentally abused her during the marriage that ended in 2017 – claims he strongly denies.

"It was really nice for me to have my mum and my daughter there and for us to be doing something that is all about you as a woman feeling positive."

To that end, the former Spice Girl, who is now engaged to hairdresser Rory McPhee, was adamant about how the Pour Moi campaign was edited: "I made sure there was no retouching, no airbrushing, because I wanted us to feel like we are representing ourselves in a really real and honest way."

Born Melanie Brown, the mum of Phoenix, from her marriage to Spice Girls backing dancer Jimmy Gulzar; Angel, from her relationship with comedian Eddie Murphy; and Madison, whose father is Belafonte – says that her body confidence is now as high as it was during the Spice Girls era, when the release of *Wannabe* catapulted Scary Spice and bandmates to global fame.

"I'd already had Phoenix at that age. I was touring the world with my four best mates. We were just singing our music that we'd written, spreading around positivity and girl power," says the Leeds-born star, who documented her career highs and relationship lows in her 2018 memoir, *Brutally Honest*.

"And then, obviously, I had a really dark time in my 10-year marriage where it was very abusive. I literally walked out of that relationship just so broken that it took me quite some time to rebuild myself back up both mentally and physically.

"I've gone through so much in my life. It's only just now in the last few years that I really made a point of looking after my mind, my body, my soul."

FUTURE PLANS

The singer, who recently told *Sky News* that a project involving all five Spice Girls is "going to be announced" soon, says that the end of the pandemic was a catalyst for a major health kick.

"Just like everybody, I put on quite a bit of weight [during lockdown], and I decided at the start of this year that I was really going to look after myself.

"I changed my workouts and started doing more weights, and taking my lovely dog for walks, and slowly but surely I lost the weight."

With daughter Phoenix and mum Andrea Brown

The Spice Girls at the 1997 Brit Awards

Not that it was all about looks, however. Meditating every morning, getting to bed by 9pm and drinking plenty of water helped the singer "feel so much more alert," without going on an extreme diet.

"I was really focused on eating healthy, but still having my roast dinners on a Sunday. And if I have a craving for chocolate or whatever, I'll have that within moderation, so I'm really thoughtful and kind to myself."

Sharing her wellbeing and fitness efforts, the Women's Aid patron – she was awarded an MBE last year for services to charitable causes and vulnerable women, and a portion of the lingerie campaign profits will go to the charity – tries to avoid comparing herself to other celebrities.

"I don't really pay too much attention to that, because there's always going to be pitfalls and you're always gonna get sucked into, 'Oh I should be looking like this,' or 'I should be looking like that.'

"I just don't really believe in that. I believe in just taking care of yourself and being the best version of yourself that you can be."

It's a philosophy she's tried to instil in her daughters: "[Phoenix] doesn't go on juicing or diets or fad this or fad that. She's very confident in the way that she looks.

"She knows that she doesn't look like everybody else and she really embraces that. Just like all my kids do. Just like how I was brought up – to love the skin that you're in."

The other thing Phoenix has inherited? An incredible Nineties fashion archive.

"I've still got quite a lot of my wardrobe from back in the Spice Girls days and it still fits right now, which is great," Mel says.

"My daughter says my wardrobe's vintage, that's why she loves coming home and rummaging through it. I see [my clothes] on her Instagram and I'll go, 'Right, you're giving me that back and that back…'"

Describing her own style as "old school," she says. "I like Jean Paul Gaultier and Vivienne Westwood. But then I like to mix and match my stuff with high street and with designer.

"I'm all about mix matching and regurgitating some of the old outfits with a bit of a tweak."

Today, she's in a casual top and shorts from Beyoncé's brand Ivy Park, but there's still a hint of Scary Spice in her ensemble: "My underwear underneath is leopard print," she says. *WW*

Win A NATURE SAFE GARDENING HAMPER

ORGANIC Nature Safe
ORCHID FEED
✓ Vibrant, healthy orchids
✓ Just pump & add water
INDOOR PLANTS
INDOOR PLANT FOOD
✓ Green & flowering plants
✓ Just pump & add water
ROSE & SHRUB FEED
SEAWEED ENRICHED FEED
FRUIT & VEG FEED

Five lucky readers will win a Nature Safe hamper worth €100 each to tackle all of their gardening needs, including a €50 gardening retail voucher and €50 worth of Nature Safe indoor and outdoor plant feed products.

Nature Safe, the 100 per cent natural, organic and sustainable garden care brand from Galway, has extended its popular range to include an indoor plant feed range and new outdoor products to tackle all your gardening needs. The Nature Safe Orchid Feed and the Nature Safe Indoor Plant Feed are simply pumped onto the base of the plant to encourage healthy, vibrant, flowering plants.

One of the most prominent ingredients featured in the Nature Safe range is wild Atlantic seaweed, hand-harvested on the local Connemara shoreline in Galway. All products in the range are also plant-based and organic, making them completely safe for children, pets, pollinators and wildlife. *Learn more at hygeia.ie*

To enter, please answer the following question:

NATURE SAFE IS ORGANIC AND SAFE FOR CHILDREN AND PETS. TRUE OR FALSE?

HOW TO ENTER

Email your answer by July 3 to: womansway@harmonia.ie including your name, address and telephone number and labelling your mail 'The Nature Safe Competition'

This Woman's Way competition is open to anyone resident in NI and the Republic of Ireland, aged 18 and over, except employees and their families of Harmonia Publishing, its printers and anyone else connected with the competition. No purchase is necessary. We will only accept one competition entry per reader. Prizes are awarded by drawing entries after the closing date. Winners will be notified by email. The editor's decision is final.

LEND A HAND

At Woman's Way, we're all about the positive power of giving back. Here's our round up of the best ways to pay it forward this fortnight.

Rescue dog Rhino with Denise McCausland from the ISPCA

STOP THE PAIN

If you've ever considered donating to the Irish Society for Prevention of Cruelty to Animals (ISPCA), now is the time. During the first quarter of 2023, the ISPCA witnessed an 80 per cent rise in animals under care, leading to centres in Donegal, Longford, Mallow and Wicklow reaching maximum occupancy levels. The charity's Urgent National Emergency Appeal needs to fundraise €500,000 to house dogs in private kennels or temporary facilities.

Visit ispca.ie to donate

Dublin Mountain *Walk*

Lace up your hiking boots at the Glencullen Adventure Park on Sunday June 25 to raise vital funds for One in Four, a charity that works with adults impacted by childhood sexual abuse through the provision of therapy, advocacy and prevention services.

Sign up to the forest trail and mountain path walk for €10 and get a free beanie. You'll then need to set up a fundraising page and aim to raise €100 in donations.

Book your place on oneinfour.ie

Mind Yourself

2023 Rotunda Autumn Charity Lunch

Friday, 20th October 2023

#mindyourself

The Rotunda Hospital's Autumn Charity Lunch will take place Friday October 20 at the Round Room, Mansion House, Dublin. Tickets for The Mind Event: a Fundraising Event for Women's Mental Wellbeing are €150 and include a drinks reception and music by Robbie Doyle.

Rotunda staff from the teenage, fertility, perinatal mental health and menopause teams will also explain their various services, and how they provide state-of-the-art evaluation and ongoing care for women who suffer from a spectrum of mental health problems.

Book your ticket on eventbrite.ie

We Speak

The Dublin Rape Crisis Centre has just launched We-Speak, a platform for sexual violence victims to share their stories safely. It follows the launch of We-Consent, a three-year campaign that aims to ignite a conversation about rethinking how we view sex and relationships in Ireland.

The We-Speak platform empower survivors of sexual violence to safely tell their own stories, in their own time, in their own words. The platform offers an alternative to social media, which can be prone to online trolling and further abuse.

Visit we-speak.ie and we-consent.ie

Dementia Podcast

Fresh off the airwaves is the *DemTalks* podcast hosted by the Alzheimer Society of Ireland. Listeners can expect to hear stories that inspire, inform, and encourage dialogue on various topics, including carer identity, home care, and caring in the LGBTQ+ community.

In the first series, The Dementia Carers Campaign Network amplifies carer voices and stories to remove stigma around the experience of caring.

The Alzheimer Society of Ireland ambassador and entrepreneur Pamela Laird, makeup artist Megan O'Connor, and songwriter and musician Mike Hanrahan, all feature in new *DemTalks* podcast series.

DemTalks, Our Stories, Our Voices is available for streaming on all major podcast platforms.

Pamela Laird

By Astrid Madsen

QUICK FIRE

Oonagh O'Hagan - ***Going*** *with her* ***gut***

Originally from Tyrone, Oonagh O'Hagan is the owner and managing director of Meaghers Pharmacy Group. She is also MD of Symprove Ireland, a food supplement that rebalances the microbiome in your gut.

Who or what makes you laugh?
My daughter Cassie is the funniest person I have ever met and tells stories with such dramatics and expression. She brightens up every room that she walks into and makes everyone feel better about themselves. It's a very special quality.

If you could choose somewhere else to live, where would it be?
Tuscany, Italy. I love the colours, the rolling hills and the sunsets, but it's the trees that do it for me. There's something about those cypress trees.

Is there anything you wish you were really good at, but aren't?
Excel. I've a mental block on those formulas.

Heels or flats?
Definitely heels – I'm only 5 foot 2, so heels give me a little lift that I feel I just might need.

What is one thing you still have from your childhood?
My old diaries, letters, birthday cards and postcards. I love to read them and remember those not with me any more. Sometimes I feel sad but I also feel very privileged to have had such loving role models in my life as I grew up.

Which trend would you like to see disappear forever?
The pointing on *TikTok* – it drives me mad.

What is something you can't do?
Sing. I try my hardest but everyone, especially my husband, falls around laughing at my attempts. I don't find it funny at all.

What book are you planning to read?
Glow – Five Steps to Create the Life You Dream About by Georgie Crawford. Georgie is a beautiful soul and I'm in awe of how she has turned the most difficult period of her life into helping others change their mindset and overcome personal challenges.

What's your favourite type of flower?
Cornflower blue hydrangeas for the hallway and lilac climbing wisteria outside in the garden.

What would you never leave home without?
My phone. I use it for parking, banking and pretty much everything.

What's the best thing to have happened to you this month?
My daddy turned 80 years young and my brother Mick came home to surprise him from Singapore. We took him off to Donegal for the weekend and had the best craic. Family is the most important thing to me and I am so grateful that Dad and Mum are still in great health and we have them full of fun in our lives.

Who was your first celebrity crush?
Morten Harket from A-ha. I loved him – the hair, the vest tops and the leather bracelets.

If you could raid one woman's wardrobe, whose would it be?
Pippa O'Connor's as she is just so stylish with the most beautiful array of dresses. Even if she's dressed in jeans and a top, she looks effortlessly chic. I adore her style and love her POCO brand too.

What was your worst subject at school?
English literature. Give me maths, chemistry or biology any day.

When you were 12, what did you want to be when you grew up?
A pilot. I even applied to British Airways but alas the 5 foot 2 challenge stopped me in my tracks. Then I wanted to be a doctor and was accepted for medicine at Trinity, but changed my mind at the last minute as I thought my fear of needles would hold me back. I ended up studying pharmacy instead.

Who is your favourite solo artist?
Beyoncé – she's the Queen of Pop, although I was devastated to hear the sad news of Tina Turner's recent passing. She was a legend.

You're going out for brunch. What are you having?
Poached eggs, chorizo and cherry tomatoes on sourdough with loads of black pepper. I am addicted to black pepper.

What age did you have your first kiss and where?
When I was 14 at the back of the community hall in Plumbridge.

What's the most important advice you'd give a teenager?
Your heartaches and what you think will be your biggest failures will become your biggest strengths. They will build your resilience and ensure you change direction to get to where you are destined to be. *WW*

Meaghers Pharmacy will be celebrating World Microbiome Day on June 27 with a range of offers on Symprove products.

By Andrea Smith, photo by Kieran Harnett

WE TRIED...

Audiobooks

We're all about reading at Woman's Way but time can be an issue, so Andrea Smith tried listening to books instead.

WHY?

When I was a child, I loved nothing more than curling up with a good book, often reading under the covers when I should have been asleep. As an adult, I'd love to spend time reading, but I never seem to have the time. Life is busy with seven dogs and a freelance media career that can pull me in several directions, along with housework and general life admin. I spend most days reading and writing articles, and as I get older, I find I need to rest my eyes more when work is done. Would listening to audiobooks be the answer? I decided to give it a try.

STARTING OFF

I signed up to *Audible*, and chose the Audible Premium Plus subscription for £7.99 per month (which works out at just over €9). For that, you get a credit to redeem against any audiobook each month, and are given free access to the site's Plus catalogue of audiobooks and *Audible Original* podcasts. There are regular sales where you can buy additional titles for €2 or €3 if you have used up your credits. I selected my first book, *Eleanor Oliphant Is Completely Fine*, by Gail Honeyman, as I had never had a chance to read it but had heard great things. I also downloaded the free *West Cork* podcast, which is about the murder of Sophie Toscan du Plantier. They were excellent choices to start me off. I began listening to books when I was doing housework, walking the dogs, travelling in the car or in bed, with my eyes closed. I loved it. Tedious tasks became less boring when I had a book going in the background, and getting lost in a Jodi Picoult thriller helped me through the rigours of painting the living room.

MID-WAY THROUGH

Books read by the authors themselves quickly became my favourites, especially autobiographies or essays. I love when the writers throw in an extra line to explain something to the listener or share a joke. I particularly enjoyed *Dear Fatty* (Dawn French), Caitlin Moran's *More Than a Woman* and Jo Brand's *Born Lippy: How to Do Female*. I quickly got hooked on the free podcast series, including Stephen Fry's *Inside Your Mind*, Dara Ó Briain's *Timewasters* and *French and Saunders: Titting About*. The audiobooks are usually delivered on the day of release so you can start listening straight away, although Irish titles are sometimes delayed by a week or two. Naturally I jumped straight into Prince Harry's *Spare*, but got bored of his whining pretty quickly and never actually finished it. One downside to audiobooks is that if I don't like the narrator's voice, it puts me off the book. Another drawback is that if you fall asleep while listening, you have to try to find your place again. That's way easier with a regular book.

END RESULT

I am totally in love with audiobooks and they brighten up my week. I can do something else while listening and they entertain me during boring tasks. As an added bonus, they help me to feel less of a philistine when friends start talking about books, as now I can happily join in with opinions and recommendations. *WW*

WHY is this a thing?

THE TRIALS OF TRAVEL

The most annoying thing about travelling is queuing for absolutely everything. It takes the edge of my holiday excitement when I'm forced to trudge up and down the lines snaking across the airport to get to the departure gates and security check.

By the time I've wheeled my case up and down the eighth row - and probably dropped it at least twice on the ground with an enormous clatter - I'm already deflated.

To make matters worse, random people I slightly know/despise are always on the next line, so we're forced to make awkward small talk as we shuffle up and down the lines.

The queues are not helped by the dopey travellers who arrive at the security check as if they have never flown before. How hard is it to remember that electronic devices need to be presented separately? Very hard for a huge number of people, it seems, who proceed to delay proceedings while they fumble and fooster around and I sigh irritatedly behind them.

We'll just conveniently skip over the time I packed two plastic bags for liquids thinking that was okay. It wasn't, and I delayed everyone behind me as I tried to stuff the contents of two bags into one and weighed up what had to be thrown in the bin.

This is also a very annoying facet of travel. There is nothing worse than realising that you threw your favourite perfume into the case by mistake and now have to hand it over to be binned.

RRIVAL IMMIGRATION

Once you're through, you then have to queue for ages for sustenance, even if it's at a fast-food joint. You have to hurriedly throw the nosh into you and then schlep for miles down to your gate, which is always at the furthest possible point of the airport.

Then, once you're on the plane, fellow passengers can be very annoying. Demanding, loud and lairy. I honestly don't know how cabin attendants put up with them.

I know seats are made to be reclined but I never do it as we're shoehorned into such a cramped space. I never manage to sit behind anyone who extends the same courtesy to me, though.

And look, I understand that travelling with kids is tricky but the noise of their devices is maddening at 30,000 feet. I can put in headphones to drown it out - while also drowning out helpful in-service announcements - but there is nothing that can be done about them kicking the back of the seat. I once asked when it became unbearable and the parents just glared at me and did nothing.

I always prefer to sit at the window because when you're on the outside or, God forbid, the middle, you spend the flight getting up to let your neighbours in and out to the bathroom. This is reasonable on a long-haul flight but rather annoying on a short one.

Once I land and am through the long walks and queues on the other side to begin my holiday, I usually decide the inconvenience is worth it and get over my grumbles - until the next time. *WW*

By Grumpy Old Woman

IN OUR NEXT BUMPER ISSUE

HITTING THE NEWS STANDS ON JULY 3

GOING SOLO

More and more of us are living happy, busy, single lives. Even those of us in relationships want the chance to go it alone sometimes. Partners and friends don't always share our passions or maybe they're just not up for trying something new with us. Or we just want a bit of space to indulge in doing exactly what we want. Our next issue celebrates the joy of going solo whether that's leaving himself on the golf course and doing our own thing, or going solo is just how we roll....

ALL THE SINGLE LADIES

With more Irish women living solo, we ask whether society has actually copped that not everyone has a handy plus one.

JUST GO GIRL

Solo travel can be one of the most empowering things we can do. We get the lowdown on how to make it magic.

ULTRA-PROCESSED FOOD

Scientists are warning that we have a health crisis coming at us if we can't wean ourselves off processed food.

ROSE CARE

They're among the most beautiful of garden flowers but can be tricky to grow. We get the low down on how to care for your blooms.

HAYFEVER HACKS

It's that time of year. We get expert advice on how to cope.

PLUS

Delicious summer recipes, a fabulous Irish knitting pattern, style tips, beauty, new movies and books and so much more...

IRELAND'S Woman's Way

beko
AEROperfect™
21:30
beko

Bring new confidence to your kitchen...

Beautifully designed, with meals cooked to perfection everytime.

Our NEW range of beautifully styled built-in ovens are designed not only to look great and save you time but thanks to our innovative AeroPerfect™ technology, which creates a constant stream of airflow inside the oven to minimise temperature fluctuations guarantee's the food you love cooks quickly and evenly everytime.